

# Bedford Recreation

## FALL 2016

[www.bedfordrecreation.org](http://www.bedfordrecreation.org)



# REGISTRATION INFORMATION

## DEPARTMENT INFORMATION

**Recreation Department**  
**12 Mudge Way**  
**Bedford, MA 01730**  
**781-275-1392 • Fax 781-687-6156**  
**www.bedfordrecreation.org**  
**Office Hours M-F 8:00am - 4:00pm**

### Recreation Staff:

Amy Hamilton, Director  
 Raeann Gembis, Adult Coordinator  
 Nikki Taylor, Program Coordinator  
 Michelle Racette., Admin. Ass't  
 Leslie Ringuette, Dep't Clerk

### Recreation Commission:

Ron Richter, Chairman  
 Virander Kaushik  
 Tom Mulligan  
 Mike O'Shaughnessey  
 Robin Steele

## REGISTRATION

**ONLINE 24/7:** [bedfordrecreation.org](http://bedfordrecreation.org)  
 Register or put yourself on a waiting list for classes 24/7.

### MAIL, VISIT, FAX

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### General Department Information

- Those requiring special assistance, please contact the Recreation Director.
- Financial assistance may be available upon request.
- \$25 penalty fee for all returned checks.
- Transportation, when provided, will be by Bedford Charter Service unless otherwise noted.

### NONRESIDENTS

There is an additional \$5 fee per course for non-residents.

## REGISTRATION INFORMATION

REGISTRATION OPENS SEPTEMBER 6 AT 9:00PM

UNLESS OTHERWISE NOTED.

**E-NEWS:** If you would like to be included in periodic Recreation updates including information about new programs, please sign up for our E-News.

**TEXT MESSAGING:** If you wish to receive text messages about important changes, cancellations, etc., regarding you/your children's Recreation activities, EDIT YOUR PROFILE TO INCLUDE YOUR CELL PROVIDER. Cell numbers alone will not enable us to send text messages.

### TUITION

Tuition must be paid at the time of registration. We do not prorate. VISA, MasterCard, AmEx and Discover are accepted. Checks should be made payable to the "Town of Bedford."

### WEATHER CANCELLATIONS

Check our phone and website for weather-related cancellations. Email/text messages may be sent as well.

### FLEXIBLE SPENDING

Town of Bedford Tax ID #04-6001082. Receipts may be reprinted from ActiveNetwork (online registration system).

### PHOTO PERMISSION

Participants in Bedford Recreation sponsored activities permit the taking of photos and videos of themselves and their children for publication and use. Instructions to the contrary must be made in writing to the Recreation Director.

### REFUND/CANCELLATION/TRANSFER

Unless otherwise stated:  
 \$10 fee for cancellation or transfer if prior to the first class. After the first class, deduction for each class held. No refund after the 3rd class.

No refunds for Special Events/Trips. Classes that are not self-supporting may be cancelled. Fees will be fully refunded for cancelled programs.

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### Neighbors Helping Neighbors:

Please consider contributing to the NHN Fund to support families who might otherwise be unable to afford Recreation programs. Online, simply add Neighbors Fund to your cart and adjust the quantity to the amount that you would like to donate. Thank you!

# TICKETS ~ EVENTS ~ FAMILY PROGRAMS

## PUMPKIN DECORATING!! with Whole Foods Market



Join in the Fall fun decorating a pumpkin! Use paint, stickers, glitter, googly eyes for one-of-a-kind unique pumpkins! Perfect for the family festive fall dinner table, windowsill or front porch. Snacks and drinks provided. Children 12 and under require adult supervision and parents must stay for the duration of the class. (min 6/max12) Must register in advance. Located in the Whole Foods Kids' Area.

**Saturday, October 1, 12:30-1:30pm**

**Fee: \$10**

## CPR HEARTSAVER (Adult and Pediatric) CPR (BLS) FOR HEALTHCARE PROVIDERS—w/ Kelley Anzuoni, RN See page 10 for details



## YEAR-ROUND INDOOR SALAD GARDEN WORKSHOP with Peter Burke, co-sponsored with the Bedford Garden Club **Saturday, November 5, 9:00am-12:00noon** See page 8 for more information (ages 8—adult)



## DISCOUNT MOVIE TICKETS

**AMC/LOWES THEATERS:** \$9.50 (regular price \$10.50). No expiration; may be used at all AMC/Lowes Theaters. New "Green" tickets have some restrictions. They are NOT valid for any movie distributed by the Walt Disney Company, including but not limited to Pixar, Marvel and Lucas Films. Check the website for specific movies that do not honor the Green Ticket.

**SHOWCASE CINEMAS:** \$8.75 (regular price \$11 General Admission Prime Time tickets). Tickets do not expire.

## CAPE ANN WHALE WATCH TICKETS



Whale watching is a fun, family-friendly activity and you may purchase tickets at the Recreation Office. Once you have the tickets, visit [www.SeeTheWhales.com](http://www.SeeTheWhales.com), choose your date and time options and make a reservation at 1-800-877-5110. More information and directions on the website. The whaling season runs April - October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets non-refundable. (Not valid for the Saturday or Sunday, 1:30 trips July 2 thru Labor Day).

**Tickets: \$25 each** (reg. \$48 adults/\$33 for children). No expiration.

## FALL FAMILY POOL PASS: \$145 per family for 20 Visits Atlantis Club, DoubleTree Hotel Indoor Pool

Take the family swimming this Fall! Passes are valid for 20 visits from Sept. 6 thru Dec. 23. Print your payment receipt from the Recreation Dept. and present at the desk at Atlantis. You will be given a card to use for each visit. Pass valid only for family members; contact the Atlantis Club for guest policies and additional fees. Please check the Atlantis Club Aquatic Pool Schedule. DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance. 44 Middlesex Turnpike.



## TREE LIGHTING—Save the date!

The Town of Bedford's Annual Holiday Tree Lighting Event  
**Saturday, December 3**

Information will be posted [www.bedfordrecreation.org](http://www.bedfordrecreation.org)



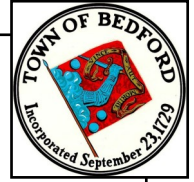
# BEDFORD DAY: September 17, 2016



## PARADE

BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! The parade route begins at the intersection of The Great Rd. and Loomis St., proceeds north on The Great Road and finishes at Mudge Way.

*Parade steps off at 10:30!*



## FAIR

Activities, food, entertainment and friends are abundant at the annual Bedford Day Fair!

The fair is held from 10:00 a.m. – 3:00 p.m. at the Town Hall complex, 10 Mudge Way.

### **BOARD OF HEALTH IS OFFERING FREE FLU SHOTS AND HEALTH SCREENINGS :**

The Bedford Board of Health is partnering with Emerson Hospital to provide free health screenings on Bedford Day. Flu shots will also be available to Bedford residents 8 years of age and older. Please bring ID and insurance cards and look for the big white tent. For detailed information about the event or to acquire the flu vaccine registration form, please visit the Health Dep't website (link from [www.bedfordma.gov](http://www.bedfordma.gov)) or call the Health Dep't 781-275-6507.

### **DANNY OATES MEMORIAL 5K ROAD RACE & 2.5 K FITNESS WALK:**

A tradition more than 20 years, The race starts at 8:30 (registration at 7:30) at John Glenn Middle School to make sure participants can get to the parade and fair in plenty of time.

A Kids' Fun Run will be held prior to the 5k. Sign up at 7am, and the kids run at 7:30 on the track. All kids get a medal! A tradition for the last 20 years, the Danny Oates Memorial Race, sponsored by the Frank W. Thompson Lodge, Masonic Association, was founded to pay tribute the beloved son of Robert and Judy Oates of Bedford, MA. Bob is a retired member of the Bedford Fire Department and member of various civic organizations; his son Brian currently serves as one of our local firefighters. All proceeds of the race fund the Danny Oates Memorial Scholarship.

For additional information and registration please visit [www.dannyoates5k.com](http://www.dannyoates5k.com)

### **BACS 17th ANNUAL REGIONAL ART EXHIBIT**

The Bedford Arts and Crafts Society 17th Annual Regional Art Show will be open in the town center Union Room on Friday, September 16th from 8:00 AM-4:00 PM and on Bedford Day (Saturday, September 17) from 9:00 AM-2:30 PM. For more information or to submit art work, please visit [www.bacsma.org](http://www.bacsma.org) Bedford Arts and Crafts Society Located in Bedford, MA [www.bacsma.org](http://www.bacsma.org)

### **FRIENDS OF THE BEDFORD PUBLIC LIBRARY BOOK SALE:**

The Friends of the Bedford Library are holding a three day Fall Book Sale. The sale begins Friday, September 16th from 1-5 pm and continues Saturday, September 17<sup>st</sup> from 10-4 pm. On Sunday, September 18th, the sale hours are from 1 to 4 pm. The Book Sale is held rain or shine at the library located at 7 Mudge Way in Bedford, MA.

### **BEDFORD DAY SEVERE STORM INFORMATION**

The Bedford Day Fair and Parade are held rain or shine. If there is weather that is severe and threatens the safety of participants, the events will be postponed to September 24. The decision to postpone would be made by 8:00 a.m. on September 17 and the information would be posted on the Town website ([www.bedfordma.gov](http://www.bedfordma.gov)) and recorded on the Recreation Department answering announcement (781-275-1392).

**The Severe Storm date applies to the Bedford Day Fair and Parade Only! The Road Race, Book Sale and Art Exhibit will be held rain or shine.**

# Bedford Trail Guide

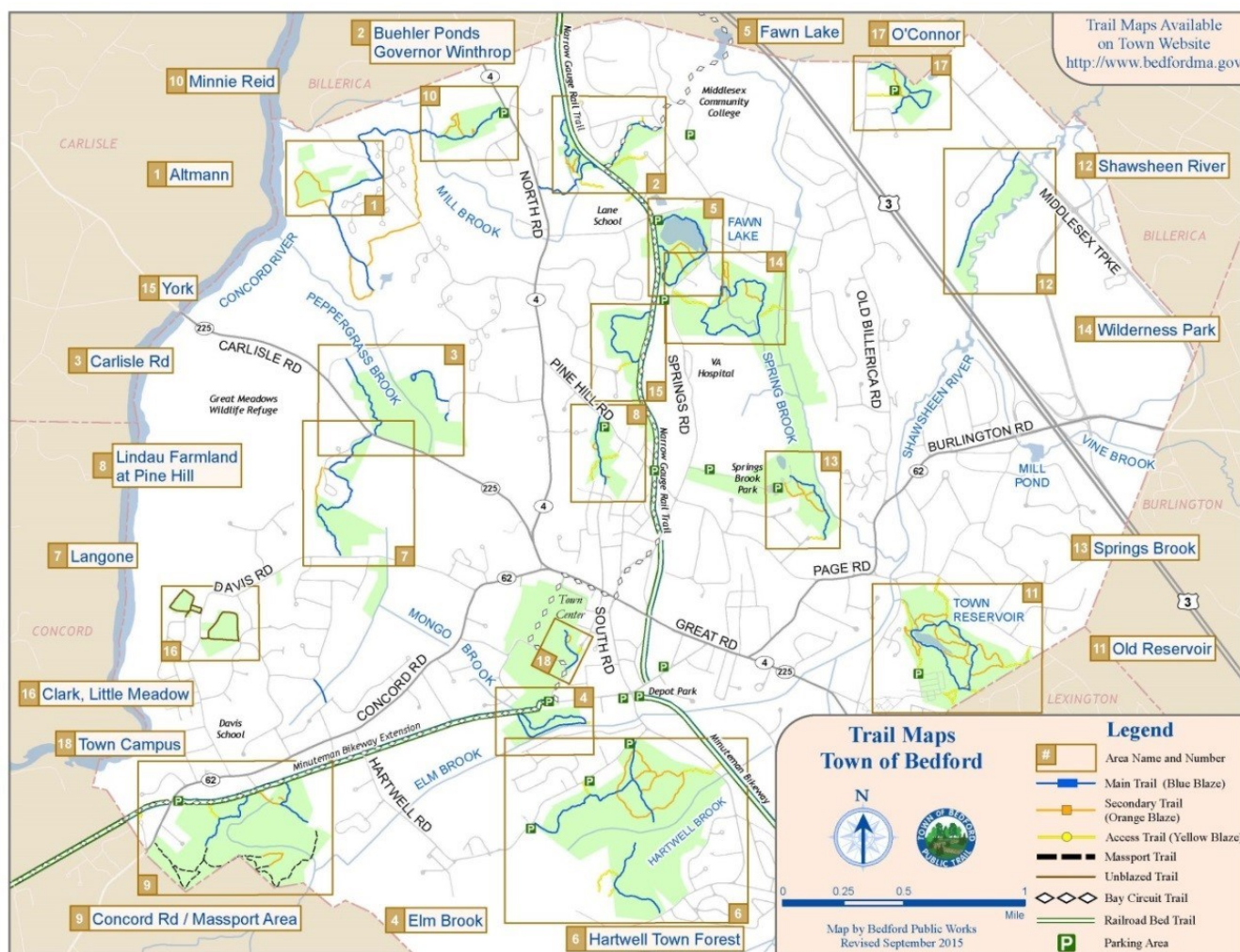
## BEDFORD TRAIL GUIDES NOW AVAILABLE

The Bedford Trail Guide is available for purchase by those who are ready to explore the Town's open spaces! The spiral-bound color publication includes 18 maps showcasing the scenic trails of Bedford. The Guide also includes Regional Trail Maps, a brief history of the lands, and directions to each trail. It can be purchased for \$10 at the following locations: DPW (314 Great Road), the Conservation office or Town Clerk's office at Town Hall (10 Mudge Way), or at the Depot Park gift shop at 120 South Road. Get your copy today!

The Bedford Trails Committee also invites you to check out the regularly scheduled trail walk on the first Saturday of the month for an interesting two-hour guided walk along the trails. Participants gather in the parking lot behind the Bedford Library at 9:45 a.m. to meet the trail leader and carpool to the designated trailhead.



Trail Guide  
Bedford, Massachusetts



# ADULT PROGRAMS

## REGISTRATION FOR ADULT CLASSES IS OPEN!

*ART AND MUSIC  
PERSONAL INTEREST  
FINANCIAL  
COOKING  
HEALTH AND WELL-BEING  
EXERCISE AND DANCE  
OUTDOOR FITNESS AND ADVENTURES  
SPORT INSTRUCTION  
PICK-UP SPORTS AND LEAGUES*



Many Recreation Programs are held at **12 Mudge Way**.  
It is in the municipal complex off of Great Road, behind the Police Station and Town Hall

**Please Note:** No Refunds for one night workshops unless notice given to the Recreation Office 2 business days prior to the scheduled program.

Information such as the **directions, materials lists** and **instructor biographies** available at [www.bedfordrecreation.org](http://www.bedfordrecreation.org).

### SPECIAL GIFT IDEA!

Adult classes and programs make great gifts for holidays and special occasions. Buy someone a unique, thoughtful gift this season... purchase a Bedford Recreation class or event perfectly suited for that special someone. We will provide a certificate to present to the gift recipient.

## ~ ART AND MUSIC ~

### IMPROVE YOUR WATERCOLOR PAINTING SKILLS

with Nan Rumpf, Artist



These sessions are designed for watercolor painters who have taken at least one watercolor class in their past. Each session will focus on a different project designed to help you develop your painting techniques, develop your composition and design skills, and enlarge your awareness of painting possibilities. The following subjects will be covered: using color to convey form, positive and negative shapes, painting with a limited palette, full value scale, rhythm, and saving white space. Use these lessons to develop your personal painting style and explore your artistic voice. Material list available online and in the Recreation office. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 8/max 12) Class held at 12 Mudge Way, Rm 152.

**Mondays**, 10:00am-12:30pm, 9/19-10/31 (no 10/10)

6wks

**Fee: \$108**

### BEGINNER RECORDER

with Carol Ann Bottino

The recorder is a wonderful social instrument. You can make solo music for yourself, make music with other recorder players and make music with other instruments and those who play them. Please join us! First class, bring a pen and paper, and a recorder if you have one. Materials for the class will be discussed, along with the best places to purchase what you will need. Age 16+ (min 6/max 8) Class held at 12 Mudge Way, Room 139.

**Tuesdays**, 7:00-9:00pm, 9/20-11/8 (8wks)

**Fee: \$100**



# ADULT PROGRAMS

## ~ ART AND MUSIC ~



### STONE CARVING SATURDAYS

w/ **Scott Cahaly, Stone Sculptor**

Classes held at instructor's art studio, 80 Loomis Street, 2nd floor, Bedford

[www.stonecarvingdust.blogspot.com](http://www.stonecarvingdust.blogspot.com) for more info

In these one-day workshops, you have the opportunity to carve your own stone, an art form that is not typically accessible. Beginners and experienced sculptors alike will be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated and stone carving lore will be discussed. Safety in the studio and stone and tool sourcing will also be addressed. You will leave with a stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided. Ages 16+ (min 4/max 8)

[www.stonecarvingdust.blogspot.com](http://www.stonecarvingdust.blogspot.com) for more info and weekly classes.

**Saturdays, 9:30am-2:30pm. Options: 9/17, 10/22, 11/19, 12/17 Fee: \$125 each option**



### A TASTE OF BLACKSMITHING

with **Carl West and Mike Bergman, Prospect Hill Forge**

Classes held at *Prospect Hill Forge*, 38 Guinan. St. Waltham

The discovery of iron and how to work it changed human history. Tools, weapons and daily life have not been the same since. Here is your chance to learn to control one of the basic elements of modern human life. You will be introduced to the basic smithing techniques of hammering, drawing-out, cutting, bending and twisting. Using these techniques and a coal-fired forge, you will heat a piece of iron to brilliant incandescence and with anvil, hammer and tongs create a decorative and useful 'S'-hook. (min 3/max 8). Age 13+ may register for this adult class with a parent.

**Saturday, September 10, 2:00-5:00pm**

**Sunday, September 18, 2:00-5:00pm**

**Monday, October 24, 6:30-9:30pm**

**Friday, November 18, 7:00-10:00pm**

**Fee: \$75**

**Fee: \$75**

**Fee: \$75**

**Fee: \$75**

Information regarding directions, safety, attire and more available at

[www.prospecthillforge.com](http://www.prospecthillforge.com)



### MIXED MEDIA ART WORKSHOP

with **Valeria R. Lanza, Artist**

Art enthusiasts who are interested in creating artwork in different media such as watercolor, acrylic, oil, or pastel are invited to participate in this interactive workshop. Artists of all levels welcome, although some experience in basic brush strokes and simple composition is desirable. All students in this class paint independently with guidance from the instructor. Besides different media, students also learn how to use different tools such as sponges and knives. Students should bring brushes, paints, easels, palettes, and containers for water or oil medium (odor-free turpenoid is required), a picture or an item to paint (teacher has plenty of material that can be helpful to students as well), a large plastic cloth to cover the work area and a plastic bag to cover the chair. Class held at 12 Mudge Way, Rm. 152. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 9/max 14) 12 wks

**Tuesdays, 9:30am-12:00noon, 9/13-12/6 (no 11/8)**

**Fee: \$100**



# ADULT PROGRAMS

## ~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

### **SURVIVAL JAPANESE FOR BEGINNERS**

with Mayu Dyer

Planning a trip to Japan to see the sights or experience the 2020 Summer Olympics? Get the most out of your visit by learning to speak Japanese. You will learn basic Japanese starting from greetings. The emphasis will be on the phrases needed when traveling to Japan, such those used when shopping, dining out, asking for directions, social encounters, and so on. Necessary grammar, vocabulary, and culture will also be covered through conversation. So please come and enjoy the world of Japanese! Textbook: *NIHONGO Fun & Easy Survival Japanese Conversation for Beginners*. Class held at 12 Mudge Way, Room 152. Ages 16+ (min 4/max 15)

**Wednesdays**, 6:30-8:00pm, 9/28-12/7 (no class 11/23) 10 wks

**Fee: \$140**

### **GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE**

with Voice Coaches

An introduction to professional voice overs. Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet. The basics will be covered, including how to prepare the all – important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited and registration closes one week prior to class, so be sure to register early. (min 3/max 10) Class held at Carlisle Town Hall, 66 Westford St.

**Monday**, November 7, 6:30-9:00pm

**Fee: \$25**

### **REVEAL YOUR TRUE BEAUTY— An Evening To Relax and Enjoy**

with Lori Reyna of Salon Reyna

If you are like most women, you have spent hours in front of the mirror wondering how to showcase your best features and look more beautiful. You will discover the hairstyle, makeup and colors to help you not only look your best, but reveal your true beauty. Lori believes that every woman is beautiful and that we all have veiled beauty that has to be revealed. Through her unique process Beauty Revealed™ Lori has helped hundreds of woman find the hairstyle that focuses on their best features while respecting their lifestyle, hair color that compliments skin tone and eyes, and makeup that transcends age and weight. It is an evening designed for women to relax and enjoy. Lori will teach the secret makeup techniques that will change the way others see you, the powerful effects of hairstyle on bone structure and face shape, and the extraordinary impression color makes on each woman. Let us share this transformative class with you. All supplies included. Hors d'oeuvres and beverages will be served. Make it an evening with friends! Age 21+. Class held at Salon Reyna, 326 Great Rd. (min 10/max 30)

**Friday**, October 21, starts at 7:00pm. 326 Great Road

**Fee: \$25**

### **INTUITION 101 with Susana Hey**

#### **Understanding Everyday Symbols as Inner Guidance Tools for Personal Transformation**

Intuition is this wonderful "knowing" that we all have experienced at some point. Where does it reside? How can you tap into it? How can you enhance it? In this introductory class, we will discuss the connection to brainwaves, the subconscious mind, and mindfulness. Then we will dive into everyday symbols (objects, archetypes, dreams, synchronicities, etc.) as tools for feedback and inner guidance. Ultimately, with practice, you will learn to trust this "knowing" and, with that, improve the quality of your life. Please wear comfortable clothing as we will do a seated guided visualization. Class held in Rm. 152, 12 Mudge Way. (min 4/max 15)

**Tuesday**, September 20, 7:00-9:00pm

**Fee: \$30**

**Tuesday**, October 25, 7:00-9:00pm

**Fee: \$30**



# ADULT PROGRAMS

## ~ PERSONAL INTEREST CLASSES & WORKSHOPS ~



### **YEAR-ROUND INDOOR SALAD GARDEN WORKSHOP** **with Peter Burke, cooperative with the Bedford Garden Club**



This workshop will focus on growing a steady supply of fresh greens with only a cupboard and a windowsill. Ready to harvest in just 7 to 10 days, grow greens that are both good for fresh salads and to cook in a stir fry! No Grow Lights needed! Whether it is winter and you are frozen out of the garden, or you are living in an apartment, there is no reason to not have a garden. Peter Burke will show you how to grow the bulk of your salad greens indoors, about 12-14 ounces a day! Great for you locavores out there; there is nothing more local than your own windowsill. The workshop will outline general techniques for many varieties of greens, and everyone goes home with a planted tray to sample. Age 8-adult (Children ages 8 thru 12 must be accompanied by a registered adult) Class held at 12 Mudge Way, Shawsheen Room. (min 10/max 20) Fee includes all materials.

**Saturday**, November 5, 9:00am-12:00noon

**Fee: \$40**

## ~ FINANCIAL SEMINARS ~

### **BASICS OF PERSONAL FINANCE AND INVESTING**

**with David Chwalek, Senes & Chwalek Financial Advisors**

This practical one-night course is designed for people in their 20's and 30's or for anyone else who wants to begin learning how to take control of their financial lives. We will discuss setting goals, building your financial plan, budgeting and buying your first home. We will also cover some important financial concepts, various types of investments and retirement plans like IRAs and 401(k) plans. Get your financial plan started today! Class held at 12 Mudge Way, Rm. 152

**Monday**, October 17, 7:00-9:00pm. (min 3/max 25)

**\$10 Rec. Dept' adm. fee per person/couple.**

### **YOU CAN AFFORD COLLEGE IF...**

**with Dick Man, College Funding Advisors, Inc of Bedford**

...you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful. Financial Aid goes to the families that plan in advance - ideally before December of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process. You will learn strategies to implement that may increase your family's eligibility even if you have a "high income" or own a business. Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information visit the website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com). (min 5/max 25) Class held at 12 Mudge Way, Room 152.

**Tuesday**, October 25, 6:30-8:30pm.

**Fee: \$10 per family**

### **WHAT ARE YOUR LIFESTYLE OPTIONS AS YOU AGE?**

***The financial and emotional issues you well may face with your family, finances, and healthcare***

**with Robyn Samuels, Certified Long-Term Care Specialist (CLTC) and quest speaker Eric Zucker, Attorney**

Anyone who has taken care of an aging or declining parent understands the emotional and financial toll it takes on all close family members. Long term care planning helps provide for the consequences of living a long life and addresses the accompanying physical and cognitive issues that may occur. In this seminar, we will discuss a variety of options that are available should you or a loved one need assistance at home, in an assisted living facility, or in a skilled nursing facility. You will learn strategies that are currently available to help meet your family's long term needs, while avoiding the emotional and financial devastation caused by lack of planning. It's all about quality of life *for all family members*, including the caregivers. Attorney Eric Zucker will discuss: *The Basics of Estate Planning: What Everyone Should Know*. Class held at 12 Mudge Way, Room 152.

**Thursday**, October 27, 7:00-8:30pm (min 4/max 25)

**Fee: \$10 fee per family**

# ADULT PROGRAMS

## ~ COOKING ~

### **BENTO — JAPANESE CULTURE IN A BOX**

**with Debra Samuels**

**Cookbook Author, Food Writer and Cooking Instructor**

Boost your options for creating healthful, delicious and attractive lunches for yourself and your family. Try making bento! Bento, the compartmentalized Japanese lunch boxes are a window into Japanese culture and the importance placed on presentation, color, nutrition and balance. In this hands-on workshop, Boston Globe food writer and cookbook author Debra Samuels will introduce Japanese food history, compare U.S. lunch and Japanese bento, conduct a cooking demonstration and instruct the audience in how to prepare Japanese food and adapt western food for a bento box. Each participant will have the opportunity to create his or her own box. Debra has lived in Japan for more than a decade, studied Japanese cuisine and is the author of, *My Japanese Table: A Lifetime of Cooking with Friends and Family* and has conducted bento workshops around the country. Additional material cost of \$15; please pay instructor the materials fee that night. Class held at 12 Mudge Way, Shawsheen Rm.

**Monday, October 24, 6:30-8:30pm. (min 8/max 20)**

**Fee: \$33**



### **BAKING CLASS**

**with Jeannette Pothier, Professional Chef**

Did you take a trip to France and enjoy the most buttery pastry? Jeannette studied in Aix-en-Provence, traveled throughout France, and obtained her Chef's degree at Modern Gourmet in Newton, Mass, under Madeleine Kamman. Learn how to measure, stir, fold and bake. We will make scones for breakfast and tea, pastry dough for savory or sweet dish, and a pastry crust to use or freeze for later. We will make a chocolate cake, (no box cake mixes here), and finish it off with a flavored whipped cream. Bring an apron and a big smile. Additional material cost of \$10; please pay instructor the materials fee that night. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)

**Tuesday, October 25, 6:30-9:00pm.**

**Fee: \$30**



### **PIE MAKING**

**with Jeannette Pothier, Professional Chef**

Have you ever wished you could make the pastry your grandmother used to make? We are repeating this class. You may think it is hard, but it is not, and with so many making the same crust, you will have fun, and make an apple pie to take home and bake or freeze. We will see a pie demonstration and bake the pie for you to taste. Bring an apron, a rolling pin, a peeler, a good slicing knife and be ready to get to work. Pay \$10 to instructor the evening of class. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 8)

**Tuesday, November 15, 6:30-9:00pm.**

**Fee: \$30**



### **GLUTEN-FREE BAKING CLASS**

**with Amy Borshay-Bokser, Private Chef and Guest Baker Kathleen Murillo**

Join this demonstration class and learn to bake delicious, healthy desserts and sweets...all Gluten-Free! We will make and sample Banana Bread, Pear Crisp, Almond Jam Cookies, Raspberry Almond Tart, Oatmeal Chocolate Chip Cookies and Apple Pie. Additional material cost of \$15; please pay instructor the materials fee at class. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 15)

**Monday, November 1, 6:30-8:30pm**

**Fee: \$25**



# ADULT PROGRAMS

## ~ HEALTH AND WELL-BEING~

### **WOMEN'S SELF-DEFENSE & PHYSICAL EMPOWERMENT WRXSHOP**

with Winnie Callahan, Co-Owner of Callahan's Karate

and Jennifer Buckley, Founder of GrooveWrx and The Girl Power WrxShop

This fun, interactive and *important* program addresses the challenges women face regarding physical confidence and positive body image. In a supportive and informal environment, we will demonstrate, teach and practice many simple yet effective self-defense techniques and review other important tips for personal safety and physical confidence. Age 18+ (See Middle/High School Programs for Teen Girl WrxShop info) Wear comfortable workout attire. Class held at Callahan's Karate, 20 North Rd. (min 8/max 40)

**Wednesday**, November 9, 7:00pm – 9:00pm

**Fee: \$25**

### **MEDITATION AND ENERGY BALANCING HOUR**

with Julie Ramsdell, M.S., Reiki II, Intuitive Life Coach

By meditating and practicing some easy-to-do energy medicine techniques, you will have increased energy, and be more present in your body -- which is where ALL the magic lives. You will leave the class feeling relaxed, empowered, and in a state of calm positivity. We will balance your chakras, practice energy medicine exercises, and provide a supportive circle for personal growth, physical health and well being. We will remind your body of how to heal itself; which is the most powerful form of medicine. All levels of experience are welcome! Bring a bottle of water, and wear comfortable clothes. Class held in Rm. 139, 12 Mudge Way. (min 4/max 15)

**Thursdays**, 7:00-8:30pm, 9/29-12/1 (no class 10/20, 11/3, 11/24) 7wks

**Fee: \$120**

### **HOW TO MANAGE MORE EFFECTIVELY WHEN A LOVED ONE HAS A MENTAL ILLNESS**

with Mara Briere, MA, Grow A Strong Family, Inc.

This is a skills based series of seminars that offer family members effective tools to manage the changes in the family since a loved one has been diagnosed with a mental illness. The topics covered include defusing conflict through more effective communication strategies, avoiding power struggles, intermittent grief that the family feels and managing it, building a delicate balance in which everyone in the family has needs met, and developing a community of peers. Resources/referrals for participants are available as needed. Class held in Rm. 139, 12 Mudge Way. (min 5/max 25)

**Mondays**, 7:00-8:30pm, 10/17-11/14 (5wks)

**Fee: \$72**

## ~ CPR COURSES~

### **CPR HEARTSAVER (Adult and Pediatric) with Kelley Anzuoni, RN**

This class is designed for non-medical workers, child care providers and members of the general public who want the knowledge to try to save a life when the need arises. It includes adult/child/infant techniques for CPR, choking and AED (automatic defibrillator). Skills are taught in a dynamic, small group environment using American Heart Association research and proven techniques. The course provides students hands on CPR practice. Participants will receive a course completion card certifying skills for 2 years. Please bring self-addressed stamped envelope and a small blanket/towel for kneeling. Class held in the Bedford Police Station Conference Rm. (Age 11+) min 4/ max 20

**Sunday**, November 6, 2:00-4:30pm.

**Fee: \$81**

### **CPR (BLS) FOR HEALTHCARE PROVIDERS—Classroom-Based course**

with Kelley Anzuoni, RN

This American Heart Association course is appropriate for both new and renewal two-year Certification. It teaches both single-rescuer and team based life support. This course trains participants to recognize several life-threatening emergencies, give high quality chest compressions, deliver appropriate ventilations and provide early use of an AED. BLS HCP Manual 90-1038 e-book version, or print recommended for class and may be purchased online at [www.channing-bete.com](http://www.channing-bete.com). Instructor will email additional material prior to class. Please bring self-addressed stamped envelope and a small blanket or towel for kneeling. Class held in the Bedford Police Station Conference Rm.

**Sunday**, November 6, 5:00—8:30pm (min 5/max 20)

**Fee: \$92**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### BODYJAM ~ BODYPUMP ~ BODYFLOW

with Nancy Griffiths of Kamate Fitness and her team of LesMills certified instructors

**BODYJAM™** This workout combines the addictive fusion of the latest dance moves and hip new sounds. No previous dance experience required; choreography is layered and simple. Instructors coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves.

**BODYPUMP™** This original barbell workout strengthens and tones your entire body and challenges the major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. The simplicity of the class makes a great starting point for developing strength and confidence. Uplifting music synchronized with the exercises motivates participants through the workout.

**BODYFLOW™** This workout builds flexibility while strengthening and toning muscle groups. A focus on controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music using a blend of Pilates, Tai Chi and Yoga create a holistic workout that brings the body into a state of harmony and balance.

**For more information visit website:**

[www.kamatefitness.com](http://www.kamatefitness.com)

Please bring mat, towel and water.

#### FREE INTRODUCTORY CLINICS:

Feel comfortable with the moves and techniques before taking a full class. Proper form, safety, class format and sample tracks from an actual class. Leave feeling confident and enthused about your new program.

**Advanced registration required @ [www.kamatefitness.com](http://www.kamatefitness.com)**

1st Monday of each month: BodyPump 5:30-6:30pm

1st Tuesday of each month: BodyJam 6:30-7:00pm

1st Thursday of each month: BodyFlow 5:30-6:00pm



#### BODYJAM:

<b>Tuesday</b>	7:00 – 8:00pm
<b>Thursday</b>	7:00 – 8:00pm (no 11/24)
<b>Friday</b>	9:20- 10:20am (no 11/11,11/25)
<b>Saturday</b>	10:15-11:15am (no 9/17)

#### BODYPUMP:

<b>Monday</b>	9:20-10:20am (no 10/10)
<b>Monday</b>	6:30-7:30pm (no 10/31)
<b>Wednesday</b>	9:20-10:20am
<b>Wednesday</b>	6:30-7:30pm
<b>Saturday</b>	8:00-9:00am (no 9/17)
<b>Saturday</b>	9:00-10:00am (no 9/17)

#### BODYFLOW:

<b>Tuesday</b>	11:00-12:00noon
<b>Thursday</b>	6:00-7:00pm (no 11/24)
<b>Sunday</b>	4:30-5:30pm

**Gravy Buster Event:** Saturday, Nov. 26  
Schedule announced

#### **Fall Session:** Sept. 19– Dec. 23 (14wks)

##### FEES: (value)

• BodyJam only:	<b>\$270 (=\$19wk)</b>
• BodyFlow only:	<b>\$255 (=\$18wk)</b>
• BodyPump only:	<b>\$300 (=\$21wk)</b>
• BodyJam & BodyPump:	<b>\$315 (=\$22wk)</b>
• BodyJam & BodyFlow:	<b>\$300 (=\$21wk)</b>
• BodyPump & BodyFlow:	<b>\$315 (=\$22wk)</b>
• Pump/Jam/Flow	<b>\$345 (=\$24wk)</b>

**Attend Unlimited classes per week. Ages 15+**

**Try your first class free!**

**All classes held at Connections, 153 Concord Rd.**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### STRETCH AND TONE FOR WOMEN

with Nina Franzino, Attitudes Dance and Fitness

Develop strength and flexibility; improve coordination, muscle tone, posture, body alignment; relieve stress with conditioning exercises, stretching and strengthening techniques designed to lengthen muscles for lean toning. This class is excellent for keeping healthy during the cold winter months. It incorporates elements of Pilates, Feldenkrais, Isotonics, and release techniques. Mats provided. All fitness levels welcome! Bring towel/water (street shoes not permitted). (max 10) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Tuesdays**, 7:00-8:00pm, 9/13-11/15 (10 wks)

**Fee: \$110**

### PILATES & YOGA FUSION CLASS

with Dawn George, Attitudes Dance and Fitness

A perfect blend of Pilates and Yoga to get your morning off to a great start. A series of fluid floor work exercises designed to develop strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible. It can also be a mindset and a way of living. All fitness levels welcome! Please wear loose clothing, clean sneakers (no street shoes) and bring a towel and water. (max 8) Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Saturdays**, 10:15-11:00am, 9/17-12/3 (no class 11/19, 11/26) 10wks

**Fee: \$110**

### BEGINNER - INTERMEDIATE TAI CHI

with the instructors of Oriental Healing Arts

Tai Chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. Age 16+ (min 5/max 14) 13wks

**Wednesdays**, 6:30-7:30pm, 9/21-12/21 (no class 11/23) Class in Rm.153, 12 Mudge Way.

**Fee: \$143**

*Free Trial Class:* Wednesdays, 9/14, 6:30-7:30pm (register online or call)

**Thursdays**, 1:00-2:00pm, 9/15-12/15 (no class 11/24) Class held in Union Rm., 12 Mudge Way

**Fee: \$143**

### NIA CLASS

with Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. Contact joan@live-life-well.com for more info. All classes held at 12 Mudge Way, Union Rm. Age 15+ (Min 9/max 20)

**Monday**, 9:30-10:30am, 9/12-12/12 (no class 10/10) 13wks

**Fee: \$130**

**Wednesday**, 9:30-10:30am, 9/14-12/14 (14 wks)

**Fee: \$140**

**Thursday**, 6:30-7:30pm, 9/15-12/15\* (no class 9/22, 11/24) 12wks

**Fee: \$120**

\*class on 9/15 in Room 153

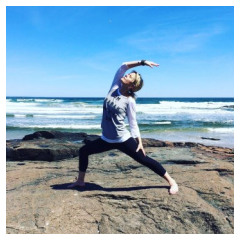
**Free Trial Classes:** Wed. 9/7, 9:30am and Thurs. 9/8, 6:30pm Please register online or call.

Current students welcome to attend.



# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~



### HATHA YOGA

with Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class consists of centering, warm-ups, performing basic postures, breathing techniques and a period of deep relaxation. Bonnie McCulloch is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. In each class, Bonnie offers modifications and advanced forms of the yoga postures practiced. Bring a yoga mat/water bottle. Age 15+ (min 6/max 15)  
All classes held in the Union Rm, 12 Mudge Way.

<u>Day:</u>	<u>Time:</u>		
<b>Mondays</b>	7:15-8:15pm	9/12-12/5 (no class 10/10, 10/31) 11wks	<b>Fee: \$137</b>
<b>Tuesdays</b>	9:30-10:30am	9/13-12/6 (no class 11/8) 12wks	<b>Fee: \$150</b>
<b>Wednesdays</b>	7:00-8:00pm	9/14-12/7 (no class 11/23) 12wks	<b>Fee: \$150</b>
<b>Fridays</b>	9:30-10:30am	9/16-12/9* (no class 11/11, 11/25) 11wks	<b>Fee: \$137</b>

\*Friday, 9/16 class held in Room 153

### RESTORATIVE YOGA

with Shannon O'Haverty, Serenity Yoga Center

A deeply relaxing and therapeutic class suitable for all levels, including absolute beginners. In Restorative Yoga, we use bolsters, blankets, straps, blocks, and other props galore to support every nook and cranny of the body in a variety of still positions. By supporting the physical self, we create an environment that permits the nervous and other internal systems to 'power down' and recharge. Breath practice and relaxation techniques are woven into the sequences, making this a perfect class to wind down your weekend and summon your resources for the week ahead. Please provide an email address when registering – forms required before first class will be emailed to you. (max 10)  
Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.

**Sundays**, 5:00-6:30pm, 9/11-12/4 (no class 10/9) 12wks

**Fee: \$150**



### YOGA FIT AND STRONG

with Asha Ramesh, Serenity Yoga Center



A series of postures that encourage cardio, help our prana (energy) flow, strengthen and stabilize our limbs and core, stretch and lengthen the spine and massage the internal organs and Chakra points. Pace includes fluid flow as well as slow flow. Practice involves moving through postures in a controlled and structured manner in the cardio portion, as well as holding postures in the strength and flexibility portion of the practice. This class is not for beginners, a minimum of 3-6 months of regular yoga practice is required. (max 12). Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering; forms required before first class will be emailed to you.

**Tuesdays**, 7:30-8:45pm, 9/13-11/29 (12wks)

**Fee: \$150**

### CREATIVE FLOW WITH MUDRAS

with Cyndy Overgaag, Serenity Yoga Center

This moderately paced class is in the vinyasa tradition (flowing from posture to posture) and explores new and creative versions of traditional sequences as well as invites students to experience unique combinations of postures. We will add mudras - hand positions and movements - to bring specific healing and enhancing effects to the practice. The mudras are both fun to learn and effective. Individual inspiration and confident movement are supported and encouraged. Please provide an email address when registering; forms required before first class will be emailed to you. (max 12)  
Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.

**Saturdays**, 8:15 - 9:30 am, 9/10-12/3 (no class 10/8) (12 wks)

**Fee: \$150**



# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### ZUMBA® FITNESS DANCE PARTY

with Renae Nichols

Let the music free your body in the ultimate dance-fitness workout that will groove you into shape. This class is designed for adults of all ages and fitness levels, and no previous dance experience is required. With each new song, the instructor will lead you through a series of steps that are both simple and fun. Get your heart pumping to the upbeat sounds of salsa, merengue, cumbia, reggaeton, soca, bollywood, and pop hits from around the world. So much fun, you will forget that you are working out! (min 6/max 25) Age 15+. Class held at 12 Mudge Way, Union Rm. Class on 9/15 will be in Rm 153.

**Thursdays**, 9:30-10:30am, 9/15-12/15 (no class 11/24) 13wks

**Fee: \$130**

*Free Trial Class: 9/8, (register online or call)*

### CARDIO DANCE

with Jillian Anderson

This easy-to-follow dance fitness class combines high energy and motivating movements that feel more like a party than a workout. This class will combine cardio dance moves with fun and exciting music to create an amazing workout atmosphere. Dance experience is not necessary at all. Follow along for a fun and exciting workout! Please wear comfortable exercise clothing and sneakers and bring water. (min 6/max 25) Age 15+. Class held in Bedford High School Dance Studio.

**Tuesdays**, 6:30-7:30m, 9/20-12/13 (13wks)

**Fee: \$100**

*Free Trial Class: 9/13, (register online or call)*

### ZUMBA GOLD

with Vera Murphy

Perfect for active adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Please wear comfortable exercise clothing and sneakers and bring water. This class is co-sponsored by Bedford Council On Aging. Participants who are 60+ may register with COA at a reduced rate. Class held in the Shawsheen Room, 12 Mudge Way.

**Tuesdays**, 4:00-5:00pm, 10/4-11/22 (8wks)

**Fee: \$72**

### CARDIO BARRE BLAST

with Dawn George and Nina Fanzino, Attitudes Dance and Fitness

A high energy, no impact fitness class that combines work at the ballet barre with light weights to give you a continuous fat burning class. Toning and resistance exercises for the glutes, legs, torso and arms will sculpt your muscles and elongate the appearance of your body to get you the body you have ALWAYS wanted! Please bring a towel, water and wear comfortable clothes and sneakers. Street shoes are not permitted in the studios. Age 15+. All levels welcome!

Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 4)

**Tuesdays**, 8:00-9:00pm, 9/13-11/15 (10wks)

**Fee: \$110**

**Thursdays**, 7:30-8:30pm, 9/15-11/17 (10wks)

**Fee: \$110**

### MODERN DANCE

with Angelica Potter, Attitudes Dance and Fitness

This class puts the emphasis on the torso rather than the feet. Modern dance employs such elements as contact-release, floor work, fall and recovery, and improvisation. Dancers will learn a fusion of Horton, Graham, and Duncan techniques. Class will be performed in bare feet or socks. Age 15+. Beginner level. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Tuesdays**, 6:00-7:00pm, 9/13-11/15 (10wks)

**Fee: \$110**



# ADULT PROGRAMS



## ~ EXERCISE AND DANCE ~



### **BALLROOM DANCE—Beginner/Intermediate** with Angelica Potter, Attitudes Dance and Fitness

This class includes the basics of a variety of ballroom dance styles including Foxtrot, Waltz, Rumba and Merengue, and will take you one step further into some intermediate steps. The Cha Cha, Tango and East Coast Swing may be included. Each week will include a review of the previous week so if you miss a class, not to worry! This class is a great introduction for newcomers as well as a nice review for those who have been away from the dance floor for a while. Please bring comfortable shoes (street shoes not permitted). Age 18+. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Mondays**, 8:15-9:15pm, 9/12-11/28 (no class 10/31, 11/21) 10wks

**Fee: \$110**

### **TAP BASICS**

with Amy Boshco, Attitudes Dance and Fitness

Tap combines study of rhythm, patterns, and syncopation in order to develop rhythm, agility, balance and coordination. Please bring a towel, water and wear comfortable clothes and tap shoes (street shoes not permitted). Age 16+. Beginner/Intermediate level. Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 10)

**Wednesdays**, 7:00-8:00pm, 9/14-11/16, 10 wks

**Fee: \$110**

### **BALLET BASICS**

with Lisa Rizzzone, Attitudes Dance and Fitness

The traditional technique of classical ballet has developed over centuries. Taught through structured exercises at the barre and center, it is the foundation for all forms of dance encouraging students to increase focus, body awareness, balance, coordination, control and concentration while building a graceful and healthy body with good posture. Please wear loose clothing and ballet slippers or socks (street shoes are not permitted). Appropriate for the beginner/intermediate student with some previous experience. Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Wednesdays**, 6:45-8:00pm, 9/14-11/16, 10 wks (max 4)

**Fee: \$110**

### **BROADWAY JAZZ**

with Diane Longtin, Attitudes Dance and Fitness

Let your inner Broadway star out in this class that focuses on Broadway dance. This class uses music from Broadway and teaches students how to use dance to act out their favorite musicals! Please wear loose comfortable clothing and bring jazz or character shoes (street shoes are not permitted in the studio). Appropriate for the beginning/intermediate student with little or no previous experience. (max 10)

Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Saturdays**, 9:15am-10:15am, 9/17-11/19, (10 wks)

**Fee: \$110**

## ~ OUTDOOR FITNESS ~

### **CO-ED OUTDOOR BOOT CAMP**

with Sandy Morvillo

Move beyond your fitness plateau! Whatever your reason, let's get a jump start to a fitter, leaner, stronger and most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Come on, it's go time! Sneakers, outdoor workout attire and water a must. Classes will be held rain or shine. Meet at the High School Track. Age 15+ (min10/max 50) 10wks

**Saturdays**, 7:30-8:30am, 9/10-11/19 (9/17 at 6:30am, no class 10/29)

**Fee: \$115**



# ADULT PROGRAMS



## ~ OUTDOOR ADVENTURES AND SPORT INSTRUCTION ~

### MYSTERY WALKS

with Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. Walks are typically four to five miles and usually rain or shine. Mary has been the spirited leader of hikes, bike trips and other marvelous adventures for more than twenty years. She has a great following and it will be an adventure as well as a walk! Please provide email address when registering and contact instructor at maryhurley@comcast.net for meeting locations. First week will meet at The Old North Bridge in Concord. Weather cancellations will be made up at the end. (min 1/max 12)

**Tuesdays**, 9:30-noon, starts 10/4 (6wks)

**Fee: \$89**

**Wednesdays**, 9:30-noon, starts 10/5 (6wks)

**Fee: \$89**

### TENNIS

with Kyle Anderson of KA Tennis



**\*\*All classes held at the Bedford High School Courts**

**BEGINNER & INTERMEDIATE:** (NTRP level up to 3.5) Students will learn stroke mechanics as well as basic understanding of the game. Forehand, backhand, volleys and serves will all be taught with an emphasis on fundamentals. All drills and games are presented in a fun and energetic atmosphere. Rainouts will be re-scheduled.

**Thursdays**, 6:15-7:15pm, 9/15-10/20 (min 4/max 6) 6wks

**Fee: \$125**

**ADVANCED:** (NTRP level 3.5 and above) Designed for players who can already hit the ball but wish to improve. The fundamentals of ground strokes, volleys and serves are taught in an energetic atmosphere. We also cover the basics of both singles and doubles strategy. Classes incorporate drills and games to take players' game to the next level. Rainouts will be re-scheduled. (6 wks)

**Thursdays**, 7:15-8:15pm, 9/15-10/20 (min 4/max 6)

**Fee: \$125**



### ARCHERY

with Mark Pirrello, On The Mark Archery

Archery was a huge recreational activity in the early 1800's and it is growing in popularity once again thanks to the wild success of the Hunger Games franchise and the summer Olympic Games. Whether you have never held a bow before or if you are an experienced archer, you will find success in this timeless, all-inclusive sport that has been given a modern twist by entertaining and exciting coaches. All equipment is provided. Enrolled students are eligible to complete in the annual On the Mark Archery tournament this October. Age 16+ (min 10/max 16) Class held at Davis School Gym.

**Tuesdays**, 7:30-8:30pm, 10/11-11/8 (5wks)

**Fee: \$127**

### BARRIE BRUCE GOLF SCHOOL

Classes held at Country Club of Billerica, 51 Baldwin Rd. Billerica



**INTRODUCTION TO GOLF** Designed for the new golfer or golfer with little experience. Basic fundamentals of the game emphasized in a stress-free, clinic-style setting. Equipment and balls provided if needed. Wear sneakers or golf shoes. (1 hour lesson for 5 weeks) Age 15+

**Fee: \$169 per 5 wk option below**

**Saturday, 11:30am, 9/10-10/8**

**Sunday, 11:30am, 9/11-10/9**

**Monday, 5:30pm, 9/12-10/10**

**Thursday, 5:30pm, 9/15-10/13**

**NEXT STEP GOLF:** Small group program, structured for students with some playing experience. Focus will be on ball striking skills, irons, hybrids and woods (tee and fairway shots) One week of the session will be on the golf course addressing pitching and sandtraps. (1 hour lesson for 4 weeks) Age 15+.

**Fee: \$169 per 4 wk option below**

**Tuesday, 5:30pm, 9/13-10/4**

**Wednesday, 5:30pm, 9/14-10/5**

*If you have to miss a class, please give the instructor 24 hour notice and you will be able to arrange a make-up class.*

978-670-5396. [www.barriebrucegolfschools.com](http://www.barriebrucegolfschools.com)



# ADULT PROGRAMS



## ~ ADULT PICK-UP SPORTS AND LEAGUES ~

**REGISTRATION:** Please register for all of the Pick-Up Sports programs to receive email updates including schedule changes as they occur. If you have registered the previous season, you do not have to re-register. If information has changed or you would like to be removed from the contact list, let us know.

Register at: [www.bedfordrecreation.org](http://www.bedfordrecreation.org) (exception: *Men's and Indoor Soccer*, see information below) If schools are closed due to holidays or weather, there will be no sports.

Please note: **BADMINTON: ADVANCED-INTERMEDIATE** requires registration each session; it is not a pick up sport.

### VOLLEYBALL

This is a Co-ed drop-in program open to Bedford Adults only. Please note that this is not a volleyball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all.

Please bring your own volleyballs. Lane School Gym. Age 18+

**Mondays and Wednesdays**, 7:00 - 10:00pm, 9/12-11/21 (no 10/10) Dec. dates tba

**No Fee**

### BASKETBALL

This is a Co-ed drop-in program open to Bedford Adults only. Please note that this is not a basketball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all. Please bring your own basketballs. Bedford High School Gym. Age 18+

**Mondays and Wednesdays**, 7:00-10:00pm, 9/12-11/21 (no 10/10) Dec. dates tba

**No Fee**

### BADMINTON: ADVANCED-INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available.

Bring your own racket; feather shuttlecocks provided. (max 28) Lane School Gym.

**Tuesdays**, 7:30-10:00pm, 9/13-11/22 (Dec. dates tb)

**No fee for Bedford Residents**

**NON RESIDENT BADMINTON REGISTRATION: BEGINS 9/8, 9:00pm Fee: \$30 for non-Bedford Residents**

*Please note only registered participants may attend. Guests, fill-ins, or waitlisted players may not play.*

### BADMINTON: BEGINNER-INTERMEDIATE

Open courts for beginning and intermediate players. Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Lane School Gym.

**Thursdays**, 7:00pm - 10:00pm, 9/15-11/17 (Dec. dates tba)

**No Fee**

### PICKLEBALL

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court using slightly modified tennis net. Check out [www.usapa.org](http://www.usapa.org) for detailed information. Some paddles will be available on a first-come basis.

**No Fee**

**Fridays**, 6:00-8:30pm, 9/16-11/18 (no 11/11) Lane School Gym (Dec. dates tba)

**Tuesdays**, 6:00-8:30, 9/6-tbd (weather dependent) Bedford High Tennis Courts

### INDOOR PICK-UP SOCCER

Open to all Bedford Residents. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. Davis School Gym.

**No Fee**

**Mondays and Thursdays**, 8:30-10:00pm, 9/12-11/17 (no 10/10) Dec. dates tba

### OUTDOOR PICK-UP SOCCER

Join us for outdoor men's and women's pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. BHS Sabourin Field

**No Fee**

**Women's Open:** Wednesdays, 7:30 - 8:45pm, 8/17-11/30

**Men's Open:** Wednesdays, 8:45 - 10:30pm, 8/17-11/30

### REGISTRATION:

#### For Men's Soccer and Indoor Soccer

[www.bedfordsoccer.org](http://www.bedfordsoccer.org) Then follow the "About BYS" tab to "Adult Soccer" and enter your email address

**Women's Soccer:** Register with Cynthia Vitti at the field

# PRESCHOOL PROGRAMS

## SOCCER SHOTS PRESCHOOL SOCCER (Ages 2-5) with Soccer Shots

Soccer Shots is a curriculum based enrichment program for young children that teaches soccer skills in a fun, non-competitive environment. Created and franchised by two professional soccer players, Soccer Shots is now active in more than 6,000 child care centers, schools, and community recreation programs nationwide and has worked with 1,000,000+ children in the last decade. Soccer Shots uses best-in-class coaching, curriculum, & communication. Please bring water, comfortable athletic clothing and sneakers. Soccer balls will be provided by Soccer Shots for players to use and to be returned at the end of each session. Each child will receive a jersey at the beginning of the season and a medal at the end of the season. Please indicate jersey size at the time of registration.



Saturdays, 9/24-11/5 7 Weeks

Fee: \$88

Ages 2-3: 8:30-9:00 AM (max 28)

Ages 3-Young 4: 9:15-9:55 AM (max 40)

Ages Older 4-5: 10:15-11:00 AM (max 40)

Ages Older 4-5: 11:15-12:00 PM (max 40)

Ages 3-Young 4: 12:15-12:55 PM (max 40)

Location: E Field (next to town playground)

## PRESCHOOL GYMNASTICS

With Jennifer McGrath & Dotty Martin

Jennifer and Dotty bring oodles of energy to keep kids moving in this preschool gymnastics/movement class. Children are required to wear comfortable clothes with bare feet. Adults must stay and participate with children enrolled in the 2-3 year old class and younger.

Mondays, 9/19-12/12 (no class 10/10) 12 Weeks

Fee: \$160

Tuesdays, 9/20-12/13 13 Weeks

Fee: \$172

Location: First Church of Christ, 25 Great Road, Lower Fellowship Hall; Please park in Town Hall parking lot on Mudge Way. Max 20/Class

**Not Yet Walking “Baby Gym” with Adult Partner (Mondays 11:15-11:55 AM):** This class is designed for the very young who are not yet walking. Class involves songs, play with balls and parachute, and bubbles. Equipment designed to strengthen muscles and develop balance will be used as creative positions are explored. This is a good opportunity to meet new friends (babies & parents!)

**12 Months-3 Years Gymnastics w/ Adult Partner “Toddler Tumblers” (Mondays or Tuesdays 9:30-10:10 AM):**

This class is a perfect combination of fun & learning. Each week has a different theme involving a different piece of equipment. Participants will roll down the mat, walk across the beam, swing like monkeys and jump like frogs. Parachute and stamps complete this magical gymnastics class.

**3-5 Years Transitional Gymnastics Class (Mondays or Tuesdays, 10:15-10:55 AM and Mondays, 12:30-1:15):** I'm a big kid now! This class is great for children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as the beam, bars and vaulting. Parents do not stay with children during the class.

**5-7 Years “Fun Gymnastics” (Mondays, 4:00-4:45 PM):** This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars and vaulting equipment. **This program is open to children attending Kids' Club; staff will walk children to and from Kids' Club.**

# PRESCHOOL PROGRAMS

## **PRESCHOOL RHYTHM AND DANCE (Ages 3.5—6) with Renae Nichols**

In this dance class, boys and girls will learn to dance to various types of music by listening closely and matching appropriate movements, including basic tap and ballet steps, to the rhythms and styles they hear. Through weekly music and dance exploration, they will develop the music and dance skills necessary for traditional dance and music programs. Students will dance primarily in sneakers or bare feet. During the final class of the session, parents are invited to watch performances. **\*Free demo class on Friday, September 23 at 2:00 PM**

Fridays, 9/30-12/9 (no class 11/11 & 11/25) 9 Weeks

Fee: \$87

2:00-2:45 PM

12 Mudge Way, Union Room

Min 6/Max 12

## **LIL SPORTS (ages 2.5-6)**

Lil' Sports is a health and fitness company that offers sports classes for children aged 2.5—6. Classes consist of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening skills and gross motor skills. A different sport/activity will be played each week.

Wednesdays, 9/21-11/9 8 Weeks

Fee: \$95

11:00-11:45 AM

Mudge Way Fields, 12 Mudge Way

Min 10/Max 20

## **INTRODUCTION TO KENPO KARATE (Ages 5-13) with Callahan's Karate**

There are many positive benefits to Karate training! In the 4 week introductory course beginner students will experience these positive benefits! Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense. \*A uniform will be included in this package.

Tuesdays, 9/27-10/18 4 Weeks

Fee: \$75

4:30-5:10 PM

Saturdays, 10/1-10/22 4 Weeks

Fee: \$75

11:00-11:40 PM

Min 5/Max 10

Location: Callahan's Karate; 20 North Road

## **MINI SPORTS (Ages 3—5) with F.A.S.T. Athletics**

This program is a combination of warm-up games and sports such as soccer, kickball, t-ball and basketball. It will ease children into learning the basic of all these great games as well as teach them the importance of team work! Each class, F.A.S.T. Athletics will have new and exciting games planned for the students.

Sundays, 9/25-11/6 7 Weeks

Fee: \$88

1:00 PM-1:50 PM

E Field

Min 8/Max 16

## **BEDFORD T-BALL CLINIC (Ages 3-6)**

Join Coach Tim French and his staff of high school and college baseball players for a T-Ball Clinic. Players will practice fundamentals through a wide array of developmentally appropriate drills and activities designed to make learning the game of baseball fun. Skills learned from drills will be applied to game situations through participation in authentic games. Please bring a glove and wear comfortable clothing.

Saturdays, 9/24-10/22 5 Weeks

Fee: \$80

Ages 3-4: 1:00 PM-1:50 PM

Ages 5-6: 2:00 PM-2:50 PM

Location: TBD

Min 16/Max 50

# PRESCHOOL PROGRAMS

## FALL TENNIS LESSONS with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce younger players to the fundamentals and strokes. Hands on approach, drills and fun games make this class appropriate for all ages. All lessons take place at BHS Tennis Courts.

Saturdays, 9/10-10/22 (no class 9/17) 6 Weeks      Fee: \$69  
Ages 5-6:      8:30-9:05 AM      Min 4/Max 10

## ELEMENTARY SCHOOL PROGRAMS *Davis*

### DESSERT DECORATING CLASS (Grades 1 & 2) with Kelly Anderson

This seven week class focuses on cupcake, cookie, truffle and other various desert decorating. Basic skills such as icing and piping will be taught in a fun and creative atmosphere. Each session will have a specific theme such as animals, nature, sports, etc. Step by step directions will be provided each week. Kids will take home all of their creations and recipes at the end of every class. All classes will be taught by Kelly Anderson. Note: This is not a nut free or gluten free class.



Mondays, 9/19-11/7 (no class 10/10) 7 Weeks      Fee: \$157  
Dismissal-4:30  
Davis School Cafeteria      Min 6/Max 10

### BEDFORD GRADE 1 & 2 SOCCER SKILLS ACADEMY

The Bedford Soccer Skills Academy is a program developed in conjunction with Proformance Soccer for Bedford players in 1st and 2nd grade. This action-packed training is designed to be FUN and instructional, aimed at developing key technical soccer skills while inspiring a love and enthusiasm for the game. Program will meet for 7 sessions and consists of both skill work and games. Have a blast and learn from top local professional coaches.

Wednesdays, 9/14-10/26 7 Weeks      Fee: \$144  
Girls: 4:00 PM-5:15 PM  
Boys: 5:15 PM-6:30 PM  
South Road Fields      Maximum players per group: 30



### DAVIS SCHOOL AM GYM (GRADES K-2)

Join Peter Laskaris and other Recreation staff for early morning gym time at Davis School. Participants will have the opportunity to play a variety of games in the gym. Typically, there will be options of a group game and open play for those not interested in the group game. No drop ins, students must be registered.

Monday-Friday, 9/6-12/23 (no holidays, no school days, snow days or delays)      Fee: \$198  
8:00 AM- Start of School  
Davis School Gym      Min 25/Max 40

# ELEMENTARY PROGRAMS *Davis*

## DAVIS YOGA (Grades K-2) with Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to faraway places by experiencing yoga combined with music, storytelling, and co-operative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures and relaxation techniques presented in a fun creative manner. Prior to classes, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack).



Thursdays, 9/22-11/10 8 weeks

Fee: \$95

Dismissal—4:25 PM

Davis School Gym

Min 6/Max 12

## GRADE 1 & 2 AFTERSCHOOL SPORTS with Peter Laskaris & Judy Johnson

Get ready for fun! This afterschool sports program is full of excitement and variety that will get kids moving! At dismissal, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a light snack). Students then move to the gym to participate in fun and active games. **One day/week only per child.**

Mondays: 9/19-12/5 (no class 10/10) 11 Weeks

Fee: \$70

Tuesdays: 9/20-12/6 (no class 11/8) 11 Weeks

Fee: \$70

Dismissal-4:30 PM

Davis Gym

Min 12/Max 25

## KINDERGARTEN AFTERSCHOOL SPORTS

This program will be run by Recreation Staff members. At dismissal, Kindergarten students are dismissed to the cafeteria where they will enjoy quiet activities and a snack (please pack a snack). Once the busses leave the gym, staff will get kids moving with various activities and fun games!

Fridays, 9/16-10/14 5 weeks

Fee: \$45

Dismissal-4:30 PM

Davis Gym

Min 8/Max 15

## MINECRAFT (Grades 1 & 2) with Jeremy Royds

Join Jeremy Royds, the Davis School Librarian, for this fun Minecraft afterschool program. Build, design, create and collaborate using Minecraft.EDU. Kids will use the Minecraft.Edu's CREATIVE mode and their imagination in the popular sandbox open world game. The first few minutes of this program will be for snack, please send a snack.



Tuesdays, 10/4-11/29 (no class 11/8) 8 Weeks

Fee: \$67

Dismissal-4:30

Davis School Computer Lab

Min 12/Max 25

# ELEMENTARY PROGRAMS *Davis*

## DAVIS MIXED MEDIA ART (K-2) with Penny Leslie



This program is for kids who just love Art... Mixed Media means working with a wide variety of both natural and synthetic materials. We will create clay sculptures and habitats, board games, collages out of tissues, netting, metallics, and many textures. Some other projects include weaving with yarns, ribbons, feathers, and raffia. Craft materials will include beads, decoupage, fabric paints, and card making. Drawing and painting will be explored learning how to use different types of brushes and paints along with combining colored pencil, crayons, wax, and water-color. Join the fun and meet others with the same enthusiasm to get creative!

Wednesdays, 9/28-11/16 8 Weeks  
Dismissal-3:25 PM  
Davis School Cafeteria

Maximum 15

Fee: \$150

## NASA ACADEMY OF FUTURE SPACE EXPLORERS (Grades K-2) with Mad Science® of Greater Boston

Explore the Earth, Moon, Mars... and beyond! Mad Science brings you the excitement and wonder of space in this program, featuring exciting student activities from the NASA Langley Center for Distance Learning. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is one experience that is truly out of this world! Topics include: Planets & Moons, Atmosphere & Beyond, Space Phenomena, Sun & Stars, Rocket Science, Space Travel, Space Technology, and Living in Space.



Fridays, 9/30-11/18 (no class 11/11) 7 Weeks  
Dismissal-4:30 PM  
Davis School Cafeteria

Min 12/Max 20

Fee: \$114

## DAVIS STEM+ART= STEAM (Grades K-2) School of creative solutions w/ Karine Marino

Children will be empowered to ask questions, brainstorm and figure things out for themselves, giving them confidence as they interact with the world. Learning science from an early age helps children understand the world around them. They learn to think critically as well creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems. Children are natural experimenters and inventors. As children dig into real-life science, technology, engineering and math (STEM), concepts learned in class are reinforced. Participants will be challenged to build small structures by using creative problem solving strategies. Art activities increase motivation and the probability of STEM success. The purpose of STEAM is not to teach art but to apply art in real situations.

Tuesdays, 9/20-10/25 6 Weeks  
Dismissal-4:40 PM  
Davis Café

Min 5/Max 10

Fee: \$144

## GYMNASTICS (Grade K-5) with Jennifer McGrath & Dotty Martin



Jennifer & Dotty's energy is contagious! They keep kids moving in this exciting class that teaches basic gymnastic skills using floor, bar, vaulting, and low beam. Participants learn and execute bridges, splits and jumps. Participants should wear comfortable clothing and have bare feet.

Fridays, 9/23-12/9 (no class 11/11 & 11/25) 10 Weeks  
Grades 3-5: 2:40-4:00 PM (First 15 minutes is snack, please pack a snack)  
Grades K-2: 4:00-4:45  
Lane School Gym

Min 8/Max 30

Fee: \$122

# ELEMENTARY PROGRAMS *Davis*

## THE GIRL POWER WRXSHOP (Grade 2)



**NEW TO DAVIS!** This fun and highly interactive program was created by Jennifer Buckley, Founder of GrooveWrx, Fitness & Dance Programs for Youth Empowerment, and Jessica Smith, Lane School Guidance Counselor, LICSW. This one-time Fall WrxShop will help 2nd grade girls build and celebrate self-confidence! They will enjoy fun and empowering physical movement, self-expression through writing and art, and team building challenges. Wear comfortable clothing and sneakers. For more information go to [groovewrx.com](http://groovewrx.com)

Wednesday, November 30

Fee: \$25

Dismissal-4:15

Davis School Cafeteria

Min 8/Max 14

## THUNDERCAT MULTI-SPORT (Grades K-2)

### Floor Hockey, Soccer & Dodgeball

Play, play, and play some more! Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates with tournament day! Program is co-ed; please bring athletic clothing, sneakers, water bottle and a nut free snack to enjoy before the program.

Fridays, 10/28-12/9 (no class 11/11 & 11/25) 5 Weeks

Fee: \$84

Dismissal-4:30

Davis School Gym

Min 8/Max 14

## DAVIS DODGEBALL (Grades 1 & 2) with F.A.S.T. Athletics

Join the staff of F.A.S.T. Athletics for this intense and exciting program. Participants learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program and never a dull moment! Gatorskin dodgeballs are used and safety rules and regulations will be reviewed before each class. Students will eat snack at the beginning of the program (please send a snack).

Wednesdays, 9/21-11/2 7 Weeks

Fee: \$88

Dismissal-3:10 PM

Davis School Gym

Min 8/Max 30

## DAVIS ORIGAMI w/ Karine Marino (K - Gr. 2)

The art of origami is truly hands-on learning. As students use their fine motor skills to fold and crease paper into fun shapes and structures, they can build skills involving spatial reasoning, following precise directions in sequence, fractions, geometry, problem solving, ratios, fractions, angles, area and volume, congruence and more. Origami may stimulate students' interest in mathematical ideas. The focus is on skill and technique. Learn Origami fundamentals while going home with something new and creative every week.

Thursdays, 9/22-10/20 5 Weeks

Fee: \$132

Dismissal-4:40 PM

Davis Café

Min 5/Max 10

# ELEMENTARY PROGRAMS *Davis & Lane*

## **KIDSJAM JR (Grades K-2) with Kamate Fitness**

A younger version of signature KidsJAM program is designed to be a fun and age- appropriate adaptation of the latest dance styles and music., introducing children to the fun and creativity of group and individual dances, team building, music, and fitness activities. We dance, sweat, and most importantly we have fun! We learn new steps, create our own dance and work together as a team—including a performance on the last day of class. Bring a water bottle and snack to have during class. Wear comfortable clothing and sneakers.

Thursdays, 10/27-12/8 (no class 11/24) 6 Weeks  
Dismissal-4:30 PM  
Davis Café

Fee: \$85

Min 8/Max 25

## **HIRED HANDS (Grades K-5) with Chip-in Farm**

Do you love animals? Have you ever wondered where your food comes from? If so, this program is for you. Children will have an opportunity to do farm work at Chip-in Farm, a real working farm! Participants will help Farmer Sandy in the fields, feed and tend the animals, collect eggs and harvest the crops. They will also engage in cooking activities. Work clothes, old sneakers or boots should be worn. The class will meet rain or shine. This is a drop off program and parents are not required to stay.

Grades 3-5: Mondays

Fee: \$115

4:00 PM-6:00 PM

9/26-10/24 (no class 10/10) 4 Weeks

Min 3/Max 15

Grades K-2: Wednesdays

Fee: \$115

3:00 PM-5:00 PM

9/28-10/19 4 Weeks

Min 3/Max 15

## **BUCS FLAG FOOTBALL “Saturday Nights Under the Lights” Grades 1-7**



The Bedford BUCS take the field on Friday nights under the lights. On Saturday nights, it can be your turn to play under the lights with the Bedford BUCS. This 4 week Flag Football program is for grades 1-7. The program is coached by Junior and Senior players of BHS Football. Each player will receive a t-shirt (please indicate shirt size when registering).

Revenue from this program supports the Bedford Football Club (JGMS & BHS Football).

Saturdays, 9/24-10/15 4 Weeks  
6:00-7:30 PM  
Sabourin Field

Fee: \$100

# ELEMENTARY PROGRAMS *Davis & Lane*

## INTRODUCTION TO KENPO KARATE (Ages 5-13) with Callahan's Karate

There are many benefits to Karate training! In the 4 week introductory course, beginner students will experience these benefits! Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense. \*A uniform will be included in this package.

Tuesdays, 9/27-10/18 4 Weeks  
4:30-5:10 PM

Fee: \$75

Saturdays, 10/1-10/22 4 Weeks  
11:00-11:40 PM

Fee: \$75

Min 5/Max 10

Location: Callahan's Karate; 20 North Road

## FALL TENNIS LESSONS with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce younger players to the fundamentals and strokes. Hands on approach, drills and fun games make this class appropriate for all ages. All lessons take place at BHS Tennis Courts.

Saturdays, 9/10-10/22 (no class 9/17) 6 Weeks

Ages 5-6: 8:30-9:05

Fee: \$69

Ages 7-9: 9:15-10:15

Fee: \$117

Ages 10-14 10:15-11:45

Fee: \$176

Ages 7-9: 11:45-12:45

Fee: \$117

Min 4/Max 10

## RECREATION DANCE 2016-2017

with Amy Noyes

Registration for Dance 2016-2017 opened May 9, 2016. Classes will begin September 12 & 13. The deadline to register is August 19 **or when classes fill**. Classes fill quickly, so please register early. An additional costume fee for the recital will be charged (approximately \$75) in December or January. A recital will be held on Friday night in May. Classes take place in the Union Room at 12 Mudge Way. No classes on holidays or school vacation weeks.

### MONDAY CLASSES

3:45-4:45 Grade 2 & 3 Ballet, Tap & Jazz (Max 15) Fee: \$239 (FULL)

4:45-5:30 Grade 4 & 5 Hip Hop & Lyrical (Max 15) Fee: \$181 (some spots available)

5:30-6:15 Grade 6-8 Hip Hop & Lyrical (Max 15) Fee: \$181 (some spots available)

6:15-7:00 Grade 9-12 Hip Hop & Lyrical (Max 15) Fee: \$181 (some spots available)

### TUESDAY CLASSES

3:45-4:30 Grade K Ballet & Tap (Max 10) Fee: \$230 (some spots available)

4:30-5:30 Grade 1 Ballet, Tap & Jazz (Max 15) Fee: \$265 (FULL)

5:30-6:30 Grade 2 & 3 Ballet, Tap & Jazz (Max 15) Fee: \$265

6:30-7:15 Grade 4 & 5 Hip Hop & Lyrical (Max 15) Fee: \$200 (FULL)

7:15-8:00 Grade 6-8 Hip Hop & Lyrical (Max 15) Fee: \$200 (FULL)



# ELEMENTARY PROGRAMS *Lane*

## **VIDEO GAME DESIGN (Grades 3-5) with EMPOW Studios**

Go from gamer to designer. Kids love playing video games, but they have even more fun paying games that they and their friends design! Video Game Design encompasses storytelling, pixel art, and object-oriented programming, all through a user-friendly, 2D game design platform. Our non-violence policy keeps the games cringe-free and shareable once the kids bring their games home for you to play.

Wednesdays, 9/21-11/9 8 Weeks

Fee: \$187

Dismissal-2:30 PM

Lane School Library

Min 8/Max 12

## **LANE MIXED MEDIA ART (Grades 3-5) with Penny Leslie**

This program is for anyone who enjoys art and wants to learn techniques and improve skills. We will be exploring a wide range of drawing and painting subjects using colored pencil, charcoal, pastels, crayon, wax, water color and Tempura paint. Depending on group interests, we will do some collage and decoupage using both natural and synthetic material and textures. For weaving, there will be a wide range of yarns, ribbons, raffia, grasses, twines and beads to work with. Flat tapestry frames will be available to take home and continue working on throughout the program along with handouts and extra supplies. Penny will give demonstrations and personal one to one guidance along with plenty of enthusiasm!



Thursdays, 9/29-11/17 8 Weeks

Fee: \$150

Dismissal-4:20

Lane School Cafeteria

Min 8/Max 15

## **THUNDERCAT MULTI-SPORT (Grades 3-5)**

### **Floor Hockey, Soccer & Dodgeball**

Play, play, and play some more! Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates in tournament day! Program is co-ed; please bring athletic clothing, sneakers, water bottle and a nut free snack to enjoy before the program.

Wednesdays, 10/26-11/30 (no class 11/23) 5 Weeks

Fee: \$84

Dismissal-2:30 PM

Lane School Gym

Min 8/Max 14

## **LANE AM OPEN GYM (Grades 3-5)**

Recreation Staff Members will supervise the gym in the mornings for fun before school! AM Open Gym gives students the opportunity to be active in the morning. Students will have a choice of activities each day. Students must be registered through the Recreation Department to participate in the program, no drop ins.

Monday-Friday, 9/6-12/23 (no holidays, no school days, snow days or delays)

Fee: \$142

7:30 AM- Start of School

Davis School Gym

Min 25/Max 45

# ELEMENTARY PROGRAMS *Lane*

## ARCHERY (Ages 10-15) with On the Mark Archery

Why is one of the oldest sports making a comeback? Do you wonder if you could compete against Katniss, Merida or archers of medieval times? This course introduces the thrill of traditional recurve archery and the success one can experience with a little patience and focus. Unique lesson plans demonstrate the importance of proper shooting form in order to achieve consistent results and accuracy, while skill-building games encourage friendly competition and enjoyment. All equipment is supplied. Enrolled students are eligible to compete in the annual On the Mark Archery tournament this October.



Tuesdays, 10/11-11/8 5 Weeks  
6:30-7:30 PM  
Davis School Gym

Min 10/Max 16

Fee: \$127

## KIDS JAM (Grades 3-5) with Kamate Fitness

Kick it with your friends! This after school dance fitness program is a fun fusion of the latest dance styles and music! We dance, sweat, and most importantly we have fun! Get funky and move with attitude! We'll learn new steps, create our own dance and work as a team - including a performance on the last day of class. Bring a water bottle and snack. Wear comfortable clothing and sneakers.



Wednesdays, 9/21-10/26 6 Weeks  
Dismissal-2:30 PM  
Lane School Cafeteria

Min 8/Max 25

Fee: \$85 (includes official Kids Jam t-shirt)

## THE GIRL POWER WrxShop (Grade 5) Presented by GrooveWrx, Founded by Jennifer Buckley



This fun and highly interactive program was created by Jennifer Buckley, Founder of GrooveWrx, Fitness & Dance Programs for Youth Empowerment, and Jessica Smith, Lane School Guidance Counselor, LICSW. This 6-week program was designed specifically for 5<sup>th</sup> grade girls to help them build and celebrate self-confidence! Each class includes a variety of interactive activities and discussions, fun and empowering physical movement, self-expression through writing and art, and team building challenges. We focus on the themes self-confidence, friendship and community. We will also bring in female role models from the community as guest speakers. This program is a great opportunity for 5<sup>th</sup> grade girls to develop a stronger sense of self as they prepare to move on to JGMS. Wear comfortable clothing and sneakers. For more information go to [groovewrx.com](http://groovewrx.com).

Mondays, 11/7-12/12 6 Weeks  
Dismissal-4:30 PM  
Lane School Cafeteria

Min 8

Fee: \$120

# ELEMENTARY PROGRAMS *Lane*

## NASHOBA SNOWTUBING (Grades 3-5)



Bundle up and enjoy this fun winter activity! The bus will leave lane school at dismissal and return to the Lane parking lot at 5:00 PM. **Parent chaperones are needed.** Please indicated on registration if you are interested in chaperoning these trips.

Wednesdays, 1/4-1/25 (make up days added to end) 4 Weeks  
Dismissal-5:00 PM  
Nashoba Valley Ski Area/Lane School

Fee: \$165

## EVENING CHESS (Grades 3-8) with Peter Desjardins

In this fun, recreational chess program, beginner and experienced players will learn about the game and spend time playing! Offering basic game play instruction, this program is suitable for those who have never played before. Together, we will explore aspects of the game such as opening, middle, and end game strategies, timed games, and more advanced resources. Participants will be grouped by ability and experience.

Thursdays, 9/22-10/27 6 Weeks  
6:30-7:30 PM  
John Glenn Middle School Cafeteria

Min 8/Max 20

Fee: \$35

## LANE YOGA (Grades 3-5) with Bonnie McCulloch

In this fun and active class, we will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance, and concentration. We will listen to popular music while learning yoga postures and exploring topics such as compassion, empathy, inner strength and peace. Children will be released to the cafeteria at dismissal and will have time for a snack (please pack a snack).

Tuesdays, 9/20-11/15 (no class 11/8) 8 Weeks  
Dismissal-4:00 PM  
Lane School Cafeteria

Min 6/Max 12

Fee:\$95

# ELEMENTARY PROGRAMS *Lane*

## **DODGEBALL (Grades 3-5) with F.A.S.T. Athletics**

Join the staff of F.A.S.T. Athletics for this intense and exciting program. Participants learn how to work together, strategize and exercise without even knowing it! There are many creative and competitive dodgeball games incorporated into this program; there is never a dull moment! Gatorskin dodgeballs are used and safety rules and regulations will be reviewed before each class. Students will eat snack at the beginning of the program (please send your child with a snack).

Mondays, 9/19-11/7 (no class 10/10) 7 Weeks  
Dismissal-4:00 PM  
Lane School Gym

Min 8/Max 30

Fee: \$88

## **SUPER SPORTS (Grades 3-5) with F.A.S.T. Athletics**

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodgeball, and Kickball. Programs include stretching and warm-up games as well as basic skills of each sport. Each class ends with a high energy game of the day's sport. Students will eat snack at the beginning of the program (please send your child with a snack).

Tuesdays, 9/20-11/1 7 Weeks  
Dismissal-4:00 PM  
Lane School Gym

Min 8/Max 30

Fee: \$88

## **MIGHTY SQUAD (Grades 3-5) with Jennifer Buckley, Founder of GrooveWrX**

This community-building dance program for boys and girls is designed to bring Bedford-based and METCO students together with a fun class before school! We work together to develop fun dances in styles such as Hip Hop, Stepping and Latin Dance. We will have performance opportunities throughout the year both in the schools and around the community! (And new this year - JGMS Mighty Squad!)

Tuesdays, 9/27-12/20 (no class 11/8), 12 weeks  
7:30 AM-Start of School  
Lane School Cafeteria

Min6/Max 15

Fee: \$72

## **LANE STEM+ART=STEAM (Grades K-5)**

### **School of creative solutions w/ Karine Marino**

Children will be empowered to ask questions, brainstorm and figure things out for themselves, giving them confidence as they interact with the world. Learning science from an early age helps children understand the world around them. They learn to think critically as well creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems. Children are natural experimenters and inventors. As children dig into real-life science, technology, engineering and math (STEM), concepts learned in class are reinforced. Participants will be challenged to build small structures by using creative problem solving strategies. Art activities increase motivation and the probability of STEM success. The purpose of STEAM is not to teach art but to apply art in real situations.

Fridays, 9/23-10/28 6 Weeks  
Dismissal-4:15 PM  
Lane Cafeteria

Min 5/Max 10

Fee: \$144

# BASKETBALL

## FRANK BAUMAN BASKETBALL LEAGUE (GRADES 4 - 8)

This league is our In-Town winter basketball league for boys and girls. The program consists of 4 Divisions:

Boys Grades 6—8	Girls Grade 6—8
Boys Grades 4, 5	Girls Grades 4, 5

The league is named for Frank Bauman, Bedford's first Recreation Director (March 23, 1938-December 2, 2013). The league is open to all Bedford children registering until all teams have been filled. Teams will be filled on a first come, first served basis. The number of teams is based upon the number of volunteer coaches available. Every effort is made to accommodate all interested players. The Bauman League Basketball accepts all players regardless of ability.

### LEAGUE INFORMATION:

- Teams have one hour-long practice per week.
- Every team must have a volunteer coach and/or manager at every game and practice. This league operates with adult and HS volunteers and paid student referees. Volunteers interested in coaching or being a parent manager should notify the Recreation Department ASAP & add it to the enrollee notes at time of registration.
- Games are typically held on Saturdays between 8:00 AM and 1:00 PM
- Coaches and volunteers will be subjected to CORI checks.
- Practices will begin the week of November 29.
- The first games will be played on Saturday, December 2.
- The program will run through mid-March

### FEE:

\$128/player (Max \$320/Family; must register via fax or at Recreation Department to receive family discount)

### REGISTRATION:

Deadline to register is October 21. Any registration received after October 21 will be placed on a waiting list.

### HIGH SCHOOL REFEREES/VOLUNTEER COACHES:

High School students interested in working as referees or volunteering as coaches should apply via the online registration at [www.bedfordrecreation.org](http://www.bedfordrecreation.org)

### PLAYER EVALUATIONS:

*\*To balance teams, players must attend evaluations.*

#### **BAUMAN LEAGUE EVALUATION DATES (all at Davis Gym)**

##### **BOYS**

##### **Boys 4th & 5th Grade:**

Wednesday, October 26 6:00-7:15 PM

##### **Boys 6th-8th Grade:**

Wednesday, October 26 7:30-8:45

##### **GIRLS**

##### **Girls 4th & 5th Grade:**

Wednesday, November 2 6:00-7:15 PM

##### **Girls 6th-7th Grade:**

Wednesday, November 2 7:30-8:45 PM



## 1ST, 2ND & 3RD GRADE BASKETBALL CLINICS

Registration for the clinic programs will begin in December at winter registration. Play will begin in January.

### **POLICE-RECREATION LEAGUE:**

For High School Students; please see HS Section for details.

## BEDFORD TRAVEL BASKETBALL CLUB TEAMS (GRADES 4 - 8)

*This program is managed by the Travel Basketball Board; it is not managed by the Bedford Recreation Dept.*

Players must register for Travel Basketball tryouts via the Bedford Travel Basketball website at [www.bedfordtravelbasketball.com](http://www.bedfordtravelbasketball.com).

All players in grades 4<sup>th</sup> -7<sup>th</sup> who are selected for a travel team **MUST** also play in the Bauman League. The league is a fall/winter out-of-town league for boys and girls in grades 4 - 8. **Travel Board President:** Brian Forman

**SEE TRAVEL BASKETBALL WEBSITE FOR TRYOUT SCHEDULE**

# SPRING TRAVEL SOCCER



## SPRING TRAVEL SOCCER (OUT-OF-TOWN PLAY)



*Registration is now open for Spring Travel Soccer*

- Registration will close November 11 or when teams fill.
- When teams fill, additional registrations will be taken on a waiting list basis until Nov 11 & new teams will be formed if there are enough players on the waitlist.
- Players are placed on teams that will play each Saturday, either in Bedford or in another town in the BAYS League.
- Travel teams practice up to two times per week. Parents are responsible for providing transportation to the games each week.
- Season runs from early April - June.
- Team rosters are released in March.
- **Please note that it is the Recreation Travel Soccer policy that all participants receive equal playing time and rotate positions.**
- Visit the soccer website for more information and soccer policies @ [www.bedfordsoccer.org](http://www.bedfordsoccer.org)

**Parents please note:** because of the importance and difficulty of creating balanced teams, travel soccer is unable to accommodate requests for placement with a specific coach or friend.

### Age Groups:

Grade 3: Born on or after 1/1/2007 and in the 3rd grade

Grade 4: Born on or after 1/1/2006 and in the 4th grade

Grade 5/6: Born on or after 1/1/2004 and in the 5th or 6th grade

Grade 7/8: Born on or after 1/1/2002 and in the 7th or 8th grade

### Program Fee:s

**Early Bird Fee (before October 28th):** \$138 with a maximum of \$345 per family. *Family rate can only be processed via fax, mail or in person only.*

**Fee (after October 28th):** \$168 with a maximum of \$420 per family

**Uniform Fee: \$50**

### **PRACTICE NIGHTS**

All girls' teams will practice on Monday and Thursdays  
All boys' teams will practice on Tuesday and Fridays

***\*\*There are no refunds after the roster announcements are released\*\****

**GU16, GU18, BU16, BU18 SPRING TRAVEL SOCCER:** Registration will take place this winter; please watch for the Recreation Winter Brochure.

# MIDDLE SCHOOL PROGRAMS

## ADVANCED KIDSJAM (Grades 6-8) with Kamate Fitness

Our popular elementary school KidsJAM program has been amped up for Middle Schoolers! Take your dancing to the next level: more choreography, more creative expression and if possible...even more fun. This fitness dance program is a cool fusion of the latest dance styles and music. The intensity has been dialed up to give your child a workout that does not feel like one. Our funky KidsJAM instructor will motivate your child to move with confidence while promoting team collaboration, creativity and support. Please bring a water bottle, a snack, comfortable clothing and sneakers.

Thursdays, 9/15-10/20 6 Weeks  
2:30-3:30 PM  
Location: TBD

Fee: \$85

Min 8

## MIGHTY SQUAD (Grades 6-8) with Jennifer Buckley, Founder of GrooveWrX

NEW! This community-building dance program for Middle School boys and girls is designed to bring Bedford-based METCO students together! We work together to develop fun dances in styles such as Hip Hop, Stepping and Latin dance. We will have performance opportunities throughout the year in both the schools and around the community and have opportunities to mentor Lane School Mighty Squad students! This program will also focus on themes such as teamwork, respect and leadership.

Tuesdays, 9/27-12/20 (no class 11/8) 12 Weeks  
Dismissal-3:30 PM  
Location: TBD

Fee:\$72

Min 6/Max 15

## FALL TENNIS LESSONS with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce younger players to the fundamentals and strokes. Hands on approach, drills and fun games make this class appropriate for all ages. All lessons take place at BHS Tennis Courts.



Saturdays, 9/10-10/22 (no class 9/17) 6 Weeks

Ages 5-6:	8:30-9:05	Fee: \$69
Ages 7-9:	9:15-10:15	Fee: \$117
Ages 10-14	10:15-11:45	Fee: \$176
Ages 7-9:	11:45-12:45	Fee: \$117

Min 4/Max 10

## EVENING CHESS (Grades 3-8) with Peter Desjardins

In this fun, recreational chess program, beginner and experienced players will learn about the game and spend time playing! Offering basic game play instruction, this program is suitable for those who have never played before. Together, we will explore aspects of the game such as opening, middle, and end game strategies, timed games, and more advanced resources. Participants will be grouped by ability and experience.

Thursdays, 9/22-10/27 6 Weeks  
6:30-7:30 PM  
John Glenn Middle School Cafeteria

Fee: \$35

Min 8/Max 20

# MIDDLE SCHOOL PROGRAMS

## INTRODUCTION TO KENPO KARATE (Ages 5-13) with Callahan's Karate

There are many benefits to Karate training! In the 4 week introductory course beginner students will experience these benefits! Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense. \*A uniform will be included in this package.

Tuesdays, 9/27-10/18 4 Weeks 4:30-5:10 PM	Fee: \$75
Saturdays, 10/1-10/22 4 Weeks 11:00-11:40 PM	Fee: \$75
Location: Callahan's Karate; 20 North Road	
Min 5/Max 10	

## THE GIRL POWER WrxShop (Grade 6)

**NEW TO JGMS!** This fun and highly interactive program was created by Jennifer Buckley, Founder of GrooveWrx, Fitness & Dance programs for Youth Empowerment, and Jessica Smith, Lane School Guidance Counselor, LICSW. This one-time Fall WrxShop will be an opportunity for 6th grade girls to build and celebrate confidence as they navigate the first year of middle school. They will enjoy fun and empowering physical movement, self-expression through writing and art, and team building challenges. We will focus on themes of self-confidence, friendship and community. Wear comfortable clothing and sneakers. For more information go to [groovewrx.com](http://groovewrx.com)

Wednesday, December 7 Dismissal-3:15 PM Location TBD	Fee:\$25
Min 8	

## 1-NIGHT TEEN GIRLS SELF DEFENSE & PHYSICAL EMPOWERMENT WrxShop (ages 13-17)

Led by Winnie Callahan, Co-Owner of Callahan's Karate and Jennifer Buckley, Founder of GrooveWrx and The Girl Power WrxShop, this fun and interactive yet important program addresses the challenges teen girls face regarding physical confidence and positive body image. In a supportive and informal environment, we will demonstrate, teach and practice many simple yet effective self-defense techniques and review other important tips for personal safety and physical confidence. Please wear comfortable workout clothing.

Wednesday, November 16 7:00-9:00 PM Callahan's Karate, 20 North Road (behind Bedford Farms)	Fee: \$25
Min 8/Max 40	

## ARCHERY (Ages 10-15) with On the Mark Archery

Why is one of the oldest sports making a comeback? Do you wonder if you could compete against Katniss, Merida or archers of medieval times? This course introduces the thrill of traditional recurve archery and the success one can experience with a little patience and focus. Unique lesson plans demonstrate the importance of proper shooting form in order to achieve consistent results and accuracy, while skill-building games allow for friendly competition and enjoyment. All equipment is supplied. Enrolled students are eligible to compete in the annual On the Mark Archery tournament this October.

Tuesdays, 10/11-11/8 5 Weeks 6:30-7:30 PM Davis School Gym	Fee: \$127
Min 10/Max 16	

## BUCS FLAG FOOTBALL "Saturday Nights Under the Lights" Grades 1-7

*Please see Elementary Section for details.*

# THE CORNER



**Middle School Activity & Social Center**  
**Operated by Bedford Recreation**



**WHAT IS THE CORNER?** It is the place where the fun begins when the school day ends. The Corner is designed just for JGMS students. It's your own space, featuring a fully stocked Game Room with a pool table, foosball, air hockey table and bumper pool. A Lounge with special activities and events, snack machines, snack bar, computers, TV's & games...all for you! The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities and trips. For more information contact Amy or Nikki at the Bedford Recreation Department.

**WHERE IS THE CORNER?** It is only a short walk from JGMS. The Corner is located in the corner of the brick building next to the town playground, 12 Mudge Way, in The Town Hall complex.

**HOW DO I JOIN THE CORNER?** There is no admission fee. Parents must register children online or at the Recreation Office. Students must sign in upon arrival to the Corner. Parents are invited at any time to come check out the facility, but please see the scheduled open house date below; meet our staff and see what The Corner has to offer! Light drinks and snacks will be provided.

**WHEN MAY I COME TO THE CORNER?** Upon school dismissal until 6:00P.M. Monday – Friday (The Corner opens early on Wednesdays for school early release).

## **SPECIAL EVENTS THIS FALL!!**

Schedule is subject to change. Changes will be posted at The Corner

**Tuesday, September 6: Back to School Fun! Win back to school prizes.**

**Friday, September 9: Open House for Parents and Kids, 6:00-7:30 PM**

**Friday, September 23: Kids' Cooking Green– Make Cranberry Oatmeal Choco-Chunk Cookies with Lori Deliso**

**Friday, October 7: Fun Friday! Corner is open until 7:30 PM**

**Friday, October 21: Halloween Pizza Party. Prizes will be given out for best costumes! Open until 7:30 PM.**

**Friday, November 11: Fun Friday! Open until 7:30 PM**

**Tuesday, November 15: Kids' Cooking Green– Make Pumpkin Waffles with Lori Deliso**

**Friday, November 25: Fun Friday**

**\*FUN FRIDAYS** On Fun Fridays, The Corner is open for extended hours from 6:00 P.M. to 7:30 P.M. A variety of games and activities are planned for each night, and sometimes food & snacks are included. Specific details on each event is promoted at The Corner prior to each event.

**WEEKLY TOURNAMENTS:** We have a scheduled game tournament each week. Points will be given out for the top place winners each week. Earn points just by participating in each event. Prizes will be given out to the top point winners for the fall session. Check out the schedule of tournaments on the tournament bulletin board at The Corner!

**ARTS & CRAFTS:** A wide variety of projects and craft activities available at The Corner!

# WACHUSETT SKI & BOARD

## GRADES 6—12

Great night skiing and riding at Wachusett!! This Friday night program is open to Bedford Middle and High School students. It is a six-week package (daily registrations will NOT be accepted, nor will substitution of participants).

**PROGRAM DATES:** Begins Jan. 6 and runs 6 weeks (missed sessions will be made up at the end). No program during vacation week.

**BUS DEPARTURE:** Buses depart at 3:45 p.m. and return at 11:00 p.m. (Middle School Rear Parking Lot).

**BUS FEE: Registration Fee: \$130** (payable to Town of Bedford) for transportation. ***Please note that this fee is for transportation only!!!***

***HELMETS ARE REQUIRED***

**REGISTER NOW!**

*Deadline to register:*

*November 1.*

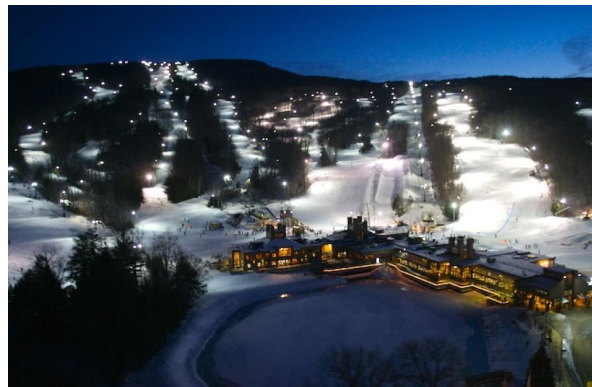


**LIFT TICKET REGISTRATION:** Students register online directly with Wachusett for lift ticket, rentals, lessons, etc. as desired. Rates available at [www.wachusett.com](http://www.wachusett.com)

Please note: rates increase on 12/1/2016 so register with Wachusett now!

Please remember when selecting options such as rentals and lessons that our program is a **6-WEEK PROGRAM**.

**CHAPERONS NEEDED:** Please consider joining us for this program. Chaperons who are able to commit to the 6-week program will receive a lift ticket and free snowboard/ski equipment rental. This program runs because of our committed and dedicated volunteers and we appreciate all of the support! Please indicate your ability to chaperone on your child's online/paper bus registration.



# HS PROGRAMS

## POLICE-RECREATION BASKETBALL LEAGUE

This Basketball League is for players in grades 9-12 and not playing HS Basketball. The regular season will run from 1/5-3/2. Playoff games will be in the second and third week of March. Price includes 8 regular season games plus playoffs, uniforms and two certified referees for each game. This is a game only league (no practices). Most games will be played on Thursday nights in the HS Gym. There will be an evaluation night for all players December 15, 7:00-8:30 to enable the formation of balanced teams. Coached by Bedford Police Officers.

**Min 32/Max 60**

**Fee: \$90**



## IMPROVE YOUR COLLEGE ESSAY with Mindy Pollack-Fusi

Are you a high school senior who has to write a common application essay immediately? Would you like some insider tips? Learn the teacher's foolproof technique how to choose your essay topic. We will also explore topics to avoid, do's and don't's, and ways to shape the essay to make it concise yet creative and lively...and most importantly, show the college the best side of YOU. This 2-hour workshop will help you break through your fear and complete your essay with passion. Each student will have a few minutes of private consultation with the teacher about his or her essay topic. Taught by local writer and essay tutor, Mindy Pollack-Fusi

Thursday, September 22

7:00 PM-9:00 PM

Place for Words Workshops

200 Great Road; Suite 254 A (enter beside HR Block)

Fee: \$30

Min 3/Max 8

## BODYPUMP FOR TEENS (Grades 8-12) with Kamate Fitness

The ultimate adult weight lifting class is now available for teens. The fastest way to get in shape...one full hour of weight lifting to music! Our BODYPUMP instructor/certified personal trainer will guide your teen through a safe and effective workout utilizing weight and high repetition. Learn the proper weight lifting technique, increase lean muscle mass, lose weight, improve posture, and enhance metabolism by leveraging the exhilarating music, motivating coaching and power of group support. Wear comfortable clothing and sneakers. Bring water bottle and a healthy snack.



Wednesdays, 9/28-11/2 6 Weeks

1:15-2:15 PM

Connections Building, 153 Great Road

Min 5

Fee: \$85

# HS PROGRAMS

## **1-NIGHT TEEN GIRLS SELF DEFENSE & PHYSICAL EMPOWERMENT WrxShop (ages 13-17)**

Led by Winnie Callahan, Co-Owner of Callahan's Karate and Jennifer Buckley, Founder of GrooveWrx and The Girl Power WrxShop, this fun and interactive yet important program addresses the challenges teen girls face regarding physical confidence and positive body image. In a supportive and informal environment, we will demonstrate, teach and practice many simple yet effective self-defense techniques and review other important tips for personal safety and physical confidence. Please wear comfortable workout clothing.

Wednesday, November 16

Fee: \$25

7:00-9:00 PM

Callahan's Karate, 20 North Road (behind Bedford Farms)

Min 8/Max 40

## **RECREATION EMPLOYMENT OPPORTUNITIES**

- **PROGRAM AIDES:** Minimum age 14, paid position.
- **YOUTH CENTER JUNIOR STAFF:** High School Juniors and Seniors; paid position.
- **BASKETBALL REFEREES:** Paid Position, Soccer Referees—Minimum age 14, paid position.

*APPLICATIONS: available at [bedfordrecreation.org](http://bedfordrecreation.org) or at the Recreation Office.*

**BEDFORD SOCCER LOOKING FOR REFEREES:** Go to <http://www.massref.net/becomeref.cfm> to sign up for a referee course so that you can ref in the spring season and beyond. If interested or if you have questions, contact Bob Goodman, Bedford BAYS Referee Assignor, at 781-275-2200 or [goodmanreferee@yahoo.com](mailto:goodmanreferee@yahoo.com).

**KIDS' CLUB GROUP LEADERS:** Kids' Club seeks Group Leaders for this licensed After School Child Care program. Hours are Monday—Friday, 2:00—6:00 (less than full week schedules are available as well). Starting rate of pay \$14/hour. Benefits included for those working five days/week. Positions available for adults and high school seniors. Please find applications at [bedfordrecreation.org](http://bedfordrecreation.org) or at the Recreation Office.



# BEDFORD RECREATION REGISTRATION FORM

<b>Name:</b>	<b>Current Grade:</b>	<b>Sex:</b>	<b>D.O.B:</b>	<b>Home Phone:</b>
<b>Address:</b>			<b>Email:</b>	
<b>Cell Phone:</b>			<b>Work Phone:</b>	
<b>Cell Phone Provider:</b>				
<b>For minor participants:</b> <b>Mother's Name:</b>  <b>Work Phone:</b>  <b>Cell Phone:</b>  <b>Email:</b>	<b>For minor participants:</b> <b>Father's Name:</b>  <b>Work Phone:</b>  <b>Cell Phone:</b>  <b>Email:</b>	<b>For all participants:</b> <b>Emergency Contact Name:</b>  <b>Phone:</b>  <b>Relationship:</b>		
<b>Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?</b>				

Child's Soccer Shirt # if applicable: _____	Optional: Parent Volunteer to Coach/Chaperone? _____
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PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

Cash: \_\_\_\_\_ Check: \_\_\_\_\_ (Make checks payable to "Town of Bedford")

MC, VISA, AmEx, Discover #: _____	Exp Date _____
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Authorized MC or VISA Signature \_\_\_\_\_

Are you applying for Financial Aid (please note application procedures in brochure)? \_\_\_\_\_

I, the undersigned (mother, father/legal guardian of \_\_\_\_\_, a minor, do hereby consent to his/her participation in the programs listed below, run by the Bedford Recreation Department and do forever **RELEASE**, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and any of it's employees, and agents from any and all kinds of action and claims, including but not limited to negligence, on account of or in anyway growing out of directly or indirectly all known and unknown personal injuries or property damage occurring while participating in any part of the program(s) listed below, wherever it occurs, which I may now or hereafter have as the minor has or hereafter may acquire, either before he/she has reached his/her majority resulting from his/her participation in the above Town of Bedford Recreation Department's program(s).

I consent to the use of my minor child(ren)'s/my own name, picture and/or likeness in any broadcast, photographs, motion pictures, recordings, or other accounts of any program(s), operations, activities, projects, events or tours organized, operated and/or sponsored by the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents, unless I notify the Town of Bedford Recreation Department in writing that I withdraw my consent.

Date \_\_\_\_\_ Signature \_\_\_\_\_  
(Parental if participant is under 18 years of age)

**Additional forms @[www.bedfordrecreation.org](http://www.bedfordrecreation.org) or photocopy.**

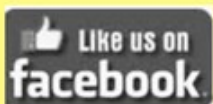
Bedford Recreation Department  
12 Mudge Way  
Bedford MA 01730 - 2165

Standard Mail  
Postage Paid  
Permit 42  
Bedford MA 01730

RESIDENTIAL  
POSTAL CUSTOMER  
BEDFORD MA 01730



Bedford Day Cover Photo:  
Courtesy of Julie McCay Turner, The Bedford Citizen



*Check us out on Facebook; follow us on Twitter @BedfordRecMA*